THINK DIFFERENT!
✓ Low Listing Fee (e.g. $200+)
✓ Buyer Cash-Back Reward
✓ Full Service REALTOR® option
ziglu real estate BROKERAGE
www.ziglu.com
(613) 232-9229
Ziglu...a different kind of real estate company

BOURNE LOSER?

DESPITE JEREMY RENNER IN THE LEAD ROLE, THE BOURNE LEGACY IS JUST ANOTHER CHASE MOVIE DISGUISED WITH SUPERSPY BAFFLEGAB, METRO'S REEL GUYS AGREE PAGE 29

OTTAWA metro®
WEEKEND, August 10-12, 2012
News worth sharing.
metronews.ca | twitter.com/metroottawa | facebook.com/metro

CRAFT BEER WEEK

COMPLETE COVERAGE INSIDE!

JUBILANT EMBRACE

Canadian women's soccer team members Emily Zurrer, rear, and Chelsea Stewart celebrate their Olympic bronze-medal victory against France at the London Olympics on Thursday. Canada won 1-0. For a story on Ottawa Fury alumna Diana Matheson, see page 2. More Olympics coverage, pages 42 and 44. HUSSEIN MALLA/THE ASSOCIATED PRESS

Freshman year

• Pan American bronze medallist Eric Sehn makes his Games debut at the 10-metre platform preliminary round Friday at 2 p.m. on CTV. Another Canadian — Riley McCormick, an Olympic sophomore — is also vying for a finals spot

• James, Bryant, Durant — U.S. Fans will be crushed if they deliver anything less than gold PAGE 44

• Olympic athletes are nailing it in London with colourful mani-pedis. Check out the gallery at metronews.ca.

Better off Med

Pan-sautéed salmon over Mediterranean vegetables not only tastes sensational, but it's good for you PAGE 38

BIRKENSTOCK CANADA'S LARGEST SELECTION!
EVERY PAIR ON SALE!
Apple saddlery
LOWEST PRICES GUARANTEED! applesaddlery.com 1875 Innes Rd. 613-744-4040

NEWS 1

Mobile news

The London zoo has been holding special animal athletic events to coincide with the Olympics. Scan the code to see who's king of this competitive jungle.

Former Ottawa Fury midfielder Diana Matheson celebrates her game-winning goal against France in the bronze-medal women's soccer match on Thursday at the Summer Olympics in Coventry, England. MIKE RIDEWOOD/CANADIAN OLYMPIC COMMITTEE/THE CANADIAN PRESS

Ottawa Fury alumna deserves her hero moment, coach says

Diana Matheson. Six Team Canada players were once members of Ottawa's women's soccer team

JESSICA SMITH
jessica.smith@metronews.ca

The woman who scored Canada's bronze-medal-winning goal is a team player whose impact goes far beyond the goals she scores. She is also someone who, until now, has remained under the radar, her former coach says.

Diana Matheson scored the goal in the 92nd minute of play, earning Canada's first Summer Games medal in a traditional women's team sport.

Frank Lofranco coached the Ottawa Fury from 2003 to 2007, and mentored Matheson and fellow Team Canada members Kelly Parker, Rhian Wilkinson, Robyn Gayle and Carmelina Moscato. Melanie Booth played with the Fury in 2002 under owner/coach Andy Nera.

"There are a lot of players on that team with a lot of talent, but I think that goal is very deserving of the contributions Diana's made over the past years for her country," Lofranco said on Thursday.

He said Matheson has always been an "impact" player.

"She's a player that performs very consistently at a very high level and I think her performance can fall below the radar of most observers," he said. "And yet, when she's not on the field, you feel that impact."

Lofranco believes one of the reasons the Canadian team struggled at this year's World Cup was that Matheson was injured.

"We fast-forward to the Olympics and she's there, healthy and strong and doing her thing, and the performance of the Canadian team is elevated for that reason," he said.

Matheson is the "engine of the team," he said.

"She is a playmaker and she likes to serve the ball to those who finish and score goals. She likes to help her team defensively by getting the balls to allow her team to attack. But there are moments when she deserves to be the hero, and today was one of those moments."

John Pugh, owner and CEO of the Ottawa Fury Soccer Club, couldn't agree more.

"It was a fairy-tale moment for Diana," he said. "She's almost the smallest player on the park usually, and she's a midfield dynamo."

Follow Jessica Smith on Twitter @jessiecatherine

Barbara Ann Scott

Skating legend opens museum

Barbara Ann Scott provided both glitter and glamour on Thursday as she helped open a museum showcasing memorabilia from her personal collection, including her gold medal from the 1948 Olympic Games. City hall's new Barbara Ann Scott Gallery is now open to the public. JOE LOFARO/METRO

Barbara Ann Scott with Mayor Jim Watson. JOE LOFARO/METRO

Murder investigation

Police probing Gracefield death

Quebec police are investigating a suspicious death after the body of a 50-year-old man was found on Thursday near a bike path in Gracefield, Que. The Sûreté du Québec said the case will be turned over to Montreal police.
JESSICA BEDDAOUI/FOR METRO

Urban wildlife

Sanctuary going squirrelly

The Rideau Valley Wildlife Sanctuary is dealing with an influx of "rescued" squirrels, some of which shouldn't have been separated from their mothers by well-intentioned humans. The sanctuary is caring for 136 animals, including 21 baby squirrels. Sanctuary workers say the rescues usually do more harm than good.
JESSICA SMITH/METRO

Sensational!
SMITHS FALLS
Heart of the Rideau Canal
Come experience Sensational! Downtown Smiths Falls
Downtown Smiths Falls offers you over 160 unique shops and services. You'll discover a wonderful selection of clothing, giftware, jewellery, art, antiques and specialty products.
While you're searching for that special item, pause to enjoy an unmatched dining experience or explore one of the museums or waterfront attractions.
Smiths Falls, where you can Shop, Explore & Be Sensational!
www.smithsfalls.ca
www.downtownsmithsfalls.ca

fido

Discover our new affordable combos

Just choose the one that suits your needs. Our **three types of combos** match the right phone with the right plan to give you **great value**. Enjoy affordable text and talk with this one or **discover them all in store**.

Text & Talk

Plans from **$20** per month[1]

And a phone from $0
with 2-year Fido Agreement[2]

Includes the Fido ADVANTAGE™
FidoTRADE | FidoDOLLARS | *Fido LiveANSWERS*

Learn more about our new combos.
Visit a store, call **1-866-301-3436** or go to **fido.ca**.

FIDO STORES

Quinte Mall, Belleville
360 Maloney West Blvd., Gatineau
Les Galeries de Hull, Gatineau
Promenades de l'Outaouais, Gatineau
Cataraqui Town Centre, Kingston
Bayshore Shopping Centre, Nepean
Place D'Orléans, Orléans
70B George Street, Ottawa
Billings Bridge Mall, Ottawa
Carlingwood Mall, Ottawa
Elmvale Mall, Ottawa
Merivale Mall, Ottawa
St. Laurent Shopping Centre, Ottawa
Landsdowne Place Mall, Peterborough

FUTURE SHOP · booth wireless · WIRELESSWAVE · BEST BUY · WIRELESS etc... · COSTCO WHOLESALE · Walmart · THE MOBILE SHOP

Offers subject to change without notice. A one-time $35 Activation Fee applies; receive a credit for the entire amount of the $35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. **1.** Additional airtime, long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. Local airtime minutes only. Plans include messages sent from Canada to Canadian wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions), sent international texts (except on select plans) and messages sent while roaming not included and charged at applicable rates. Subject to Fido Terms and Conditions & Acceptable Use Policy, **fido.ca/terms**. **2.** With new activation on a 2-year Fido Agreement on a Standard plan. Taxes extra. © 2012

Director Kristian Lariviere, left, on the set of the short film Mary Mae, which will be screened at the New York International Film Festival on Sunday. CONTRIBUTED/JOHN WENZEL

Ottawa indie N.Y.C.-bound

U.S. debut. Mary Mae one of four titles in the best gay/lesbian short film category

A local filmmaker and writer are heading to a film festival in the Big Apple, all thanks to one passionate kiss.

Kristian Lariviere's indie short film Mary Mae, which received an award for best kiss at the Digi60 Filmmakers Festival in Ottawa in December, was chosen to be screened at the New York International Film Festival this month.

The catch for the Ottawa film festival was that the entries had to feature a passionate kiss that alters the life of the main character.

The story, penned by writer Jennifer Mulligan, revolves around a longtime nun who has a crisis of faith and finds something unexpected at a Halloween party one night. Lariviere says the climactic kiss is the highlight of the movie.

"I wanted to make it a big moment in the movie," he said.

The only official screening of the film before Sunday's debut in New York was at Digi60, so the creators are looking forward to the American premiere.

"I just submitted it because it's a really good film festival and it has a good reputation and they just don't accept everything," said Lariviere. "So I was very happy when I got my letter of acceptance."

He says getting a made-in-Ottawa movie screened abroad gives him more credibility as a filmmaker.

"Honestly, it will only help get the next movie made," said Lariviere.

Places like Mercury Lounge in the ByWard Market and the former St. Brigid's Church on St. Patrick Street let him shoot on location, which helped him film within the 60-day time frame of Digi60. JOE LOFARO/METRO

DAZZLING ON THE SILVER SCREEN

As local filmmakers gear up for the Ottawa Independent Film Festival, it seems the capital's film community is already making a splash

This is Hannibal. Wrestler's tale comes to festival after four years of filming

When Max Moskal started filming a local wrestler, he wasn't planning on creating a documentary that would debut at the Ottawa International Film Festival (OIFF) this year — it just fell into place.

Moskal, 24, met Devon Nicholson in 2008 at an Ottawa gym. He later found out that Nicholson, 29, was a wrestler who went by the name of Hannibal.

"That's what started my creative drive," Moskal said. "He wasn't like the other wrestlers."

Moskal describes Hannibal as wild, someone who frequently snaps in and out of reality.

"It's surreal the stuff he can do," Moskal added.

For four years he filmed Hannibal inside and outside of the ring, watching as his career soared.

Moskal says he wasn't sure why he was filming — he just enjoyed doing it.

In 2011, during his third semester at Algonquin College, where he studied TV broadcasting, a professor encouraged Moskal to turn his footage into a documentary.

Devon (Hannibal) Nicholson celebrates a pro-wrestling victory in the documentary This is Hannibal. CONTRIBUTED

Details

- OIFF runs from Aug. 15 to 19 and all screenings will take place at the World Exchange Plaza, 111 Albert St. More details are available at oiff.ca.

He sifted through four years of material and realized he had unknowingly created something special.

"He got to wrestle against people he grew up watching, his heroes," Moskal said. "I want to be able to tell people (his) story. I want people to experience what I did first-hand."

Without giving too much away, he gave Metro Ottawa a sneak preview of This is Hannibal, debuting at OIFF on Aug. 18.

"The documentary focuses on the fact that he wants to (wrestle) but it's created problems with his family, friends and financially," Moskal said. "And the struggle. He finally gets a deal with the WWE, but something happens."

JESSICA BEDDAOUI/FOR METRO

Vivarium. Makers of dystopian sci-fi thriller seeking funding from public

Imagine a world with no plant life, no fresh air and no sunlight — the only way to experience those things is through a virtual reality.

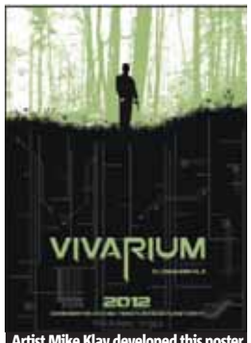
Throw in a rogue hacker, an aging bounty hunter "old enough to remember real wilderness," and the corporatization of Mother Nature, and you have the makings of Vivarium.

Former Kanata resident Natalie Baack is hoping to bring that imagery to life through the creation of the feature-length environmental sci-fi thriller, with funding from the general public on Kickstarter.com.

"The idea came up that running a Kickstarter campaign would be really fun," said Baack, who now lives in Los Angeles and works as a movie producer. "We're really trying to get the word out there, to get the support for the film.

"It's complementary to the idea and the premise of the film. We want to reach out to people who ... might be excited about the movie themselves and people who are interested in the message."

The crew will run a sustainable film set, said Baack, because it's something they believe in and it's in keeping with the environmental theme of the movie.



Artist Mike Klay developed this poster for Vivarium, an environmental sci-fi thriller being produced through donations from the public. Trees will be planted in the name of each pledge. The film has until Aug. 15 to raise the $46,000 still needed to make the budget. CONTRIBUTED

"We're going to make sure that we're carbon neutral," she said. "I would encourage people to look at the project because they could see a different kind of action movie. In the process of helping the film get made, they could get some trees planted."

LoneShark, the independent film company behind the movie, must raise just under $60,000 to make Vivarium.

Backers can pledge funds based on tiers and will receive a variety of rewards, which include a download of the film and a tree planted in their name, up to an executive-producer credit and a private screening party.

If the goal isn't reached, no one will be charged their pledge.

"We're relaying an important message about conservation and caring about what we have now because we might lose it," said Baack, who grew up in Kanata and attended Stephen Leacock Elementary School. "It's something more meaningful than just making an action film where things blow up."

JESSICA CUNHA/ TORSTAR NEWS SERVICE

Shooting hoops helps newcomers find friends and advice

Coming from the basketball-loving Philippine Islands, Ronald Miranda was happy when he saw the neighbourhood basketball court after arriving in Kitchener, Ontario. Little did he know, the game would help him find new friends who would offer sound financial advice.

It all began when the software engineer came to Canada to accept a job with a high tech company. While Ronald was excited to bring his wife and daughter to North America, reality soon set in. "We didn't know anyone here. We had no family and no idea where to get groceries or other necessities," recalls Ronald.

Fortunately, new friends showed them around, including the local basketball court where their families gathered for Friday night games. The growing roster of players included Cris Santos, a Philippine-native, and Branch Manager at Scotiabank's Courtland Avenue and Shelley Branch, in Kitchener, Ontario.

"The game created an extended family for us," says Cris, who adds that basketball helped ease his own transition to Canada when he arrived seven years ago. "Sports can help build a community for newcomers who share all kinds of first-hand advice and experience."

Off the court, Ronald turned to Cris to understand the banking system and when Ronald saw plans for the perfect four-bedroom home he connected with Cris once again for a mortgage[1] pre-approval.

"I ask newcomers about their goals so that they can start working towards them," says Cris. He suggests that newcomers who plan to settle in Canada should think about buying a home or other longer-term goals. "I tell them about pre-authorized contributions to high interest savings accounts, to save for a down-payment, or Registered Education Savings Plans (RESP)[2], for their children's future," explains Cris, who mentors at the YMCA Cross Cultural and Immigrant Services Centre.

Cris can appreciate how the right advice when starting out makes for long-term success, since he is providing first-hand advice. While Cris and his wife were veteran bankers in the Philippines, they had to learn the Canadian banking system before landing jobs at Scotiabank (Maria Santos is a Personal Banking Manager at 14 Fischer-Hallman Road North in Waterloo).

"Since we were newcomers, we can empathize with others and are able to guide them and provide trusted solutions suited to their needs," adds Cris. For example, The ***Scotiabank StartRight***® Program[3] for Newcomers includes a free day-to-day bank account for one year[4], a wide range of credit card options[5] and a number of other customized services and benefits.

For Ronald, the weekly basketball games enabled his family to build a group of friends who now camp and picnic together, plus a Scotiabank advisor who helped them obtain their new home.

"It started with a small basketball group and the rest is history," remarks Ronald. "Now, when I meet other newcomers, we invite them to play ball and point them to Cris for good advice."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK®.

Good advice from Scotiabank helps Philippine-native Ronald Miranda enjoy court time with his family.

"Renee helped open the door to our new home in Canada."

The ***Scotiabank StartRight***® Program[1], specially designed for newcomers, makes owning your home a reality.[2] Let one of our knowledgeable *Scotia*® advisors show you how.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.

Scotiabank StartRight® PROGRAM FOR NEWCOMERS

BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

® Registered trademarks of The Bank of Nova Scotia.
1. The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0–3 years in Canada, International Students and Foreign Workers. The *Scotiabank StartRight* Mortgage Program, created for Canadian Landed Immigrants and Foreign Workers from 0-5 years in Canada.
2. Applicable to residential mortgages only and subject to Scotiabank lending criteria for residential properties. CMHC/Genworth Financial Canada mortgage default insurance may be required for Loan to Value ratios (LVRs) greater than 50% to a maximum of 95%. Maximum LVRs available may be less than 95%.

1. Applicable to residential mortgages only and subject to Scotiabank lending criteria for residential properties. CMHC/Genworth Financial Canada mortgage default insurance may be required for Loan to Value ratios (LVRs) greater than 50% to a maximum of 95%. Maximum LVRs available may be less than 95%. **2.** *Scotia*® RESPs are held with the Bank of Nova Scotia Trust Company. **3.** The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers. The *Scotiabank StartRight* Mortgage Program, created for Canadian Landed Immigrants and Foreign Workers from 0-5 years in Canada. **4.** Offer available for one year when you open a new *Scotia One*™ account with Scotiabank. Free banking means that we will waive your Monthly Account Fee only. All other fees not covered by your banking package will continue to apply, including additional fees charged by other financial institutions and access fees to use non-Scotiabank banking machines (e.g., *Interac***, VISA* or PLUS* fees). Cardholder service fees continue to apply for using cross border debit service. Please see the Day-to-Day Banking Companion Booklet for further details about these services and fees. **5.** Subject to meeting Scotiabank's credit criteria and security requirements. An unsecured VISA card may be available up to certain credit limits; a secured VISA card requires security equal to 100% of approved credit limit for Foreign Workers and Permanent Residents and 120% of approved credit limit for International Students. VISA card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority. ® Registered trademarks of the Bank of Nova Scotia. * VISA Int/Lic. User The Bank of Nova Scotia. ** Interac Inc. owner of mark *Interac*. The Bank of Nova Scotia is an authorized user of the trademark.

Court records. Suspect in fatal shooting has long history with the law

The murder suspect police issued a Canada-wide warrant for this week is no stranger to police and the court system in Ottawa, records show.

Court records show Maher Majed already served time in jail before being labelled a suspect in Khalid Doreh's shooting death last March.

- **January 2009:** Majed breached a court order to keep the peace, abstain from drugs and alcohol and keep a curfew. On March 11, 2009, he pleaded guilty and got a one-day jail sentence.
- **February 2009:** Majed was charged with possession for the purpose of trafficking crack cocaine, as well as breaking several orders from a previous sentence. On April 16, 2009, he pleaded guilty and got 30 days in jail and 12 months' probation.
- **August 2009:** Majed was accused of breaking court orders, but on Aug. 26, 2009, the charges were stayed.
- **Nov. 6, 2010:** Around 3 a.m., Ottawa police were called to the 200 block of Prince Albert Street, where residents reported hearing gunfire.

Maher Majed CONTRIBUTED

Police located two vehicles with bullet holes in them. Neighbours told the CBC one of the cars belonged to Majed.

- **March 23, 2012:** Khalid Doreh was fatally shot and two others wounded at a home on Borthwick Avenue.
- **March 24, 2012:** The Ottawa Police Service major-crime section charged Zakaria Dourhnou in the death of Doreh.
- **Aug. 7, 2012:** The major -crime section obtained a Canada-wide warrant for Majed in relation to the death of Doreh. He is charged with one count of first-degree murder and two counts of attempted murder.

JESSICA SMITH/METRO

Hydro Ottawa. Last call for smart-meter installations

Hydro Ottawa is telling customers who have not switched to new smart meters their power might be shut off soon.

Rebecca Turcotte, communications officer at Hydro Ottawa, said there are 271 customers in Ottawa who have yet to switch over. In almost all of the remaining cases, the homes are older and the water meters are inside the home instead of outside. This makes it more difficult for Hydro Ottawa to install the smart meter, said Turcotte.

"More than 306,000, or more than 99.99 per cent of our customers, already have the smart meters," said Turcotte.

Letters will go out to customers who still have traditional meters next week requesting they contact the meter department and schedule an appointment to have it changed free of charge. "If the customer fails to respond to the request, their electricity may be disconnected and they may be required to pay a reconnection cost," said Turcotte.

Depending on what type of connection it is and what day of the week power has to be restored, the reconnection fee ranges between $65 and $415.

JOE LOFARO/METRO

Residents who haven't switched over to smart meters like the one pictured here are at risk of having their power shut off, Hydro Ottawa says. JOE LOFARO /METRO

OMB

Citizens group launches appeal of 27-storey tower

The Centretown Citizens Community Association (CCCA) is appealing the city's approval of plans to build a 27-storey tower on Nepean Street and aims to send a message to developers that they should be consulted before approvals are handed out.

The association incorporated earlier this year in order to launch just this kind of appeal, said CCCA vice-president Robert Dekker. The developer, Claridge Homes, has been given approval for three other condo towers in the area that the CCCA also takes issue with.

The association argues the tower is too big for its relatively small lot, needs greater setbacks from the street and lower density, Dekker said. It falls to the city to defend council's decision on the project.

Neil Malhotra, vice-president of Claridge Homes, said he hopes the CCCA is appealing over genuine concern, rather than to make a political point. JESSICA SMITH/METRO

Sébastien Lalonde

Reward in missing person case upped

Gatineau police are now offering a $5,000 reward for information to help find a man missing since January 2011. Sébastien Lalonde, 21, was last seen leaving his house on a red mountain bike to go fishing on the Ottawa River. Last summer, a $3,000 reward was posted in the case, but thanks to an anonymous donation, it has been increased to $5,000 and extended until Feb. 15, 2013.

Lalonde has brown eyes, brown hair, and stands five-foot-seven, weighing 140 pounds. Anyone with information is asked to call Det. Étienne Dumoulin at 819-243-2345, ext. 7647.

JESSICA BEDDAOUI/FOR METRO

Revenue drop

Mitel Networks slashes 200 jobs

Ottawa-based Mitel Networks Corp. announced it will have to cut about 200 full-time positions from the company as it faces lower-than-expected revenue from the previous quarter.

JOE LOFARO/METRO

FLIGHT CENTRE® Unbeatable

Airfares

Fort Lauderdale $299*
Travel Sep 2 - Sep 9/ts — incl $5 base + $294 taxes & fees

Vancouver one-way from $282
Travel Sep 12/ac — incl $199 base + $83 taxes & fees

Edmonton one-way from $293
Travel Sep 6/ac — incl $209 base + $84 taxes & fees

New York $328
Travel Sep 12 - Sep 19/ac — incl $198 base + $130 taxes & fees

Jamaica $519*
Travel Sep 1 - Sep 8/ts — incl $149 base + $370 taxes & fees

Los Angeles $640*
Travel Sep 8 - Sep 15/ac — incl $498 base + $142 taxes & fees

Marseille $674*
Travel Aug 15 - Sep 4/ts — incl $166 base + $508 taxes & fees

Costa Rica $679
Travel Sep 19 - Oct 3/dl — incl $393 base + $286 taxes & fees

Honolulu $821
Travel Sep 12 - Sep 19/ws — incl $698 base + $123 taxes & fees

Bangkok $1129
Travel Nov 6 - Nov 20/ua — incl $638 base + $491 taxes & fees

Buenos Aires $1149
Travel Oct 24 - Nov 7/ac — incl $578 base + $571 taxes & fees

Canada

Toronto 3 Nights $229
Best Western Primrose — taxes & fees included
INCLUDES central accom. Departs Aug 18, 25, Sep 8/ggv. UPGRADE to 4-star Delta Chelsea for $14 per night. ADD discount city pass for $77.

Quebec City Family Special 3 Nights $124◊
Hotel Champlain — taxes & fees included
INCLUDES accom near the Citadel. Price per person based on family of 4. Travel Aug 27/ggv. UPGRADE to 4-star Delta for $22 per night. ADD 3-day car rental with unlimited mileage for $14 per day.

Kingston Bluesfest, 2 Nights $129
Radisson Waterfront — taxes & fees included
INCLUDES accom near festivities. Travel Aug 23/ggv. ADD island cruise for $60.

Montreal 3 Nights $174
Travelodge Montreal — taxes & fees included
INCLUDES downtown accom. BONUS daily breakfast included. Departs Aug 24, 30, Sep 7/ggv. UPGRADE to 4-star Le Cantille Suites for $24 per night. ADD city tour for $56.

Charlottetown Air + 3 Nights $755
Best Western Charlottetown — Incl $612 base + $143 taxes & fees
INCLUDES central accom. Departs Sep 10, 18/ggv/ws.

Cruises

Bahamas 4-Night Cruise $277
Norwegian Sky — incl $179 base + $98 taxes & fees
CRUISE roundtrip Miami and visit Grand Bahama Island, Nassau and Great Stirrup Cay. Sails Nov 29/ncl.

Mediterranean 10-Night Cruise $564
Norwegian Jade — incl $499 base + $65 taxes & fees
CRUISE roundtrip Civitavecchia (Rome) and visit Olympia, Piraeus (Athens), Izmir, Alexandria (Cairo). Sails Nov 21/ncl. UPGRADE to oceanview stateroom for $10 per night.

Vacations

Paris Air + First 2 Nights $965*
Grand Hotel De Turin — incl $429 base + $536 taxes & fees
INCLUDES Montmartre accom. Departs Oct 9/swg/ts.

Amsterdam & Frankfurt Air + Rail Pass $1346
Eurail Benelux - Germany Rail Saver Pass — incl $733 base + $613 taxes & fees
INCLUDES airfare into Amsterdam, return from Frankfurt and Eurail Benelux-Germany rail pass. Departs Oct 3/eur/ts/ac.

United Kingdom Air + 7 Nights + Car $1539*
Hotels & Inns — incl $943 base + $596 taxes & fees
INCLUDES car rental to explore England, Scotland, Wales and hotel & inn accom. Departs Oct 7/vth/ts.

USA

Orlando Family Special Air + 7 Nights $401◊*
Orlando Continental Plaza — incl $78 base + $323 taxes & fees
INCLUDES accom near theme parks and 7-day car rental. Price per person based on family of 4. Departs Sep 28/vth/c6. ADD Universal 2-Day Base Ticket $131/adult, $120/child (ages 3-9).

New Orleans Air + 4 Nights 4-Star $621
Hyatt French Quarter — Incl $492 base + $129 taxes & fees
INCLUDES French Quarter accom. Departs Sep 9, 16/ggv/ua. ADD swamp and bayou tour for $51.

Boston Air + 3 Nights $634
Courtyard Boston Tremont — Incl $507 base + $127 taxes & fees
INCLUDES accom near Fenway Park. Depars Sep 4, 5, 6/ggv/dl. ADD 3-day car rental with unlimited mileage from $55 per day.

New York Air + 3 Nights $710
New York Marriott Downtown — incl $558 base + $152 taxes & fees
INCLUDES Manhattan accom. Departs Aug 17, 24/ggv/ua. ADD Central Park movie site tour for $24.

Chicago Air + 3 Nights $744
Essex Inn — Incl $596 base + $148 taxes & fees
INCLUDES central accom. Departs Sep 3, 17, 24/ggv/dl. UPGRADE to 4-star Westin Michigan Avenue for $36 per night.

LOWEST AIRFARE GUARANTEE We will beat any airfare quote or you fly free!

24/7 1 866 502 3887 TEXT Join our Insider Club for hot deals. Text YOW to 131 600 flightcentre.ca Visit us in store.

*Conditions apply. Ex: Ottawa. *Ex. Montreal Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price is per person for quad occupancy (2 adults & 2 children ages 2-17). ws/wj=westjet, ac/ac=air canada, ua=united airlines, gy=gogo, swg/wg=sunwing vacations, vth/ts=transat, c6=canjet, eur=eurail, aa=american airlines, ca=air china. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384* TICO.ca

30 DAYS OF BEAUTY

August 11–17

buy beauty
AND GET REWARDED

20x faster

FREE feels good

Receive 20x the Shoppers Optimum Points® when you spend $75 or more* on cosmetics or fragrances.

find the one

Discover something new every day!
Visit **30daysofbeauty.ca to stay in the loop.**

Includes All Brands Of: Cosmetics • Select Skin Care • Hosiery • Fragrances • Jewellery • Hair Colour • Bath Foam & Gel • Nail Care

*Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes. Excludes bonus points and Shoppers Optimum® MasterCard® points. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cosmetician for details.

SHOPPERS DRUG MART

Dylan Wright, 14, poses with his racing bike. Wright will be competing Sunday in the Monster Energy Motocross Nationals at the Sand Del Lee Motocross Park in Ashton, Ont. CONTRIBUTED

Look, ma! I'm a motocross racer!

Boy wonder. Local rider competing in Monster Energy Motocross Nationals got an early start in the sport

JESSICA BEDDAOUI
ottawa@metronews.ca

Dylan Wright was four when he attended his first motocross race with his dad and he immediately fell in love with the sport.

"My mom was on a trip away from home, so we went out (after the race) and bought me a XR50 bike," said Richmond's Wright.

When his mom returned home, she wasn't too pleased, says Wright.

"She was mad at my dad because he didn't consult her before," he said with a laugh.

"But after she saw me ride it, she started liking it, and now she's one of my biggest supporters."

Quoted

"She was mad at my dad because he didn't consult her before."

Dylan Wright on how his mom reacted when he got his first race bike.

At 14 years old, Wright trains and teaches at the MX101 motocross-training school at Sand Del Lee racetrack located southwest of Kanata.

He's the youngest trainer to teach at that school.

"I find it's really fun because the younger kids come up and they really want to learn, and I like helping them. I'm doing what I love," Wright said.

For the first time, Wright will compete for a professional title in the Monster Energy Motocross Nationals this Sunday.

"If I win, I'll be really happy. To be honest, I don't really know what to expect from that," Wright said.

His game plan?

"It's about getting a good start when you come out of the gates. That first corner really decides how you do. There's 42 of you going in," Wright said.

"The first lap you pretty much just try and stay up, try not to fall. You're going into corners with 10 or 12 guys. It gets a little sketchy."

Details

The Monster Energy Motocross Nationals will be held Saturday and Sunday at Sand Del Lee Motocross Park, 2980 Conley Rd. in Ashton, Ont.

- Tickets can be purchased at the gate.
- **Adults:** $40 weekend pass; $25 on Saturday or Sunday.
- **Kids:** $25 weekend pass or $15 Saturday/Sunday.

BEST BUY FUTURE SHOP THE MOBILE SHOP Walmart

(1) Bonus gift will vary by store location. See store for full details. Bonus gift available with new activations only. While quantities last. $100 bonus gift available with the BlackBerry Bold 9790, LG Optimus Black, Samsung Galaxy S II X, Apple iPhone (8 GB) and Apple iPhone (16 GB). BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. All other trademarks are the property of their respective owners.

koodo shop

Ottawa
Bayshore Shopping Centre
Carlingwood Mall
Les Galeries de Hull
Place d'Orléans
Promenades de l'Outaouais
Rideau Centre
St. Laurent Centre

Belleville
Quinte Mall

Brockville
1000 Islands Mall

Cornwall
Cornwall Square

Kingston
Cataraqui Town Centre

Zellers 3 DAY WEEKEND

FRI. AUG. 10th - SUN. AUG. 12th, 2012

SUMMER BLOWOUT!

SAVE 70%* ALL*

SWIMWEAR FOR THE FAMILY
Reg. 9.97-54.97 ...2.99-16.49

PLUS! SAVE 70% **ALL*** MEN'S SHORTS
Reg. 14.97-26.97 ...4.49-8.09
Excludes Hurt Club® Firehorn® Sportek® & SPTK®

SAVE 70%* ALL*

SANDALS & CANVAS FOOTWEAR FOR THE FAMILY
Reg. 5.97-44.97 ...1.79-13.49

SAVE 60% ALL

PATIO FURNITURE,
PATIO LIGHTING,
OUTDOOR PLANTERS
& GARDENING TOOLS

SAVE 75% ALL
LAWN DÉCOR

SAVE 50% ALL
SUMMER TOYS, POOLS & POOL ACCESSORIES

SAVE 25% ALL
BBQS

*Regular priced items.
These offers are not available in our liquidation stores.

Find us on facebook
facebook.com/ZellersCanada

Follow us on twitter
twitter.com/ZellersOffers

Must pass pregnancy test.
U.S. school changes rule after it's said to have violated law

A U.S. school is changing a policy that kicked pregnant students out of class and required them to be taught at home, the school's board chairman said Wednesday.

No one at Delhi Charter School in rural Louisiana realized there was anything wrong with the policy until the American Civil Liberties Union's state chapter threatened to sue, said chairman Albert Christman.

The policy has gotten "everybody up in a roar," he said.

The school required students who were suspected of being pregnant to take a pregnancy test. If they refused, or tested positive, they had to be home-schooled. The ACLU said the policy violated Title IX of the 1972 federal education law, which requires equal opportunities for both sexes.

Too many schools do not realize pregnant students should receive equal treatment, the National Women's Law Center said in a June report.

"Despite enormous advances for women and girls in education since 1972, schools across the country continue to bar pregnant and parenting students from activities, kick them out of school, pressure them to attend alternative programs, and penalize them for pregnancy-related absences," the law centre said in the report.

Louisiana Department of Education spokesman Barry Landry said he did not know the state's policies for pregnant students.

THE ASSOCIATED PRESS

Teen moms

- Fatima Goss Graves of the National Women's Law Center said she had never seen a school policy "that said you must take a pregnancy test in order to attend school. Or one that pushes, so overtly, students out."
- Albert Christman, the Delhi school board chairman, said "just a handful" of students were affected by the policy, which dates to 2006.

Supporters awaiting Pussy Riot verdict

Masked activists demonstrate in support of members of the feminist punk group Pussy Riot in front of the Russian Embassy in Berlin Thursday. Prosecutors in Russia on Tuesday called for three-year prison sentences for the women who gave an impromptu performance in Moscow's main cathedral to call for an end to Vladimir Putin's rule, in a case that has caused international outrage and split Russian society. OLIVER LANG/DAPD/THE ASSOCIATED PRESS

Surveillance testing

Balloons inflate border-patrol agents' hopes

Something new will soon be floating in the skies above the Texas-Mexico border as federal authorities test balloon-like military surveillance devices to see if they might help with border monitoring. U.S. Border Patrol spokesman Henry Mendiola says the large, tethered devices called aerostats likely will take flight by Friday in the Rio Grande Valley. He could not say how many there would be nor how long testing would last. THE ASSOCIATED PRESS

New York's sex scene

City the buzz kill to vibrator promo

A vibrator giveaway that attracted long lines in New York City came to an abrupt end when the city told the promoters to pack it up. The Trojan condom company set up "Pleasure Carts" on Wednesday in two Manhattan neighbourhoods, and were set to give away 10,000 vibrating sex toys. THE ASSOCIATED PRESS

AS EXHILARATING AS IT IS AFFORDABLE.

Every Certified Pre-Owned Mazda we sell comes with warranties and guarantees to ensure that you drive away fully satisfied in a quality vehicle that you can depend on.

0.9% APR‡
SEE DEALER FOR DETAILS

CERTIFIED PRE-OWNED

- 160-Point Detailed Inspection
- 7-Year/140,000-Kilometre Limited Powertrain Warranty†
- 24-Hour Emergency Roadside Assistance
- 30-Day/3,000-Kilometre Exchange Privilege
- CarProof® Vehicle History Report
- Zero Deductible
- Available Extended Coverage

CRAFTED. ENGINEERED. CERTIFIED. zoom-zoom

mazda

†Coverage begins from the original new retail sale date and covers 7-years/140,000-kilometres, whichever comes first. ‡0.9% APR only for well qualified buyers; not all buyers will qualify. Amount of down payment and other factors may affect qualification. 0.9% APR available on all models and all qualifying model years (the 5 model years immediately preceding the date of this advertisement, or newer) for up to 24-month terms. Based on a representative example of $15,000 financed at 0.9% over 24 months equals monthly payments of $630.88 with $0 down payment, cost of borrowing is $141.03 with a total obligation of $15,141.03. Licence, insurance, taxes, down payment, and, where applicable, PPSA and other dealer charges are extra and may be required at time of purchase. Finance on approved credit for qualified customers only. Offer subject to change without notice. Visit your participating dealer for complete details.

Sears

Over 1,000 items 12.97 or less

12.97
Girls' hoody, sizes 2-16.

+

9.97
Girls' licensed tee, sizes 2-6X.

+

12.97
Girls' denim jean, sizes 2-16.

35.91

12.97
Girls' graphic tee, sizes 7-16.

+

12.97
Girls' colour denim, sizes 2-16.

25.94

Sears SUPERSTAR WARDROBE CONTEST

your back to school problem solved

®Disney

Enter for a chance to win a $5000 Sears Shopping Spree and a VIP Trip for 4 to The Next Star Grand Finale! Go to www.ytv.com/sears

Enter at www.ytv.com/sears for a chance to win a $5000 Sears Shopping Spree AND a VIP Trip for 4 to *The Next Star Grand Finale!* No purchase necessary. Contest closes September 4, 2012 at 9:59 am ET. Approximate retail value $8000 (based on Vancouver departure). Odds of winning depend on number of entries received. Open to legal Canadian residents (except employees) who are 13 years of age or older at time of entry (parental permission is required for entrants under the age of majority). Potential winner or their parent/guardian must correctly answer a skill-testing question. Winner must be available to travel Sept. 22 to 24, 2012 or will forfeit the Prize. Full contest rules available at ytv.com.

NE082G212 © 2012. Sears Canada Inc.

Does your dog
have what it takes?
Check out the vid.

fido

★ Fido ★
Casting Call™ 2

Every vote supports **Dog Guides Canada**

Your dog could be **famous**

Enter your dog in **Fido Casting Call** 2 and your pooch could appear in an upcoming Fido ad.

Fido Casting Call 2 live!

We're in your town
Drop by with your dog to get free treats, grooming and a snapshot taken by our photographer that you can use to create your dog's Casting Sheet.

August 11 — **Bruce Pit**, Ottawa – 9 a.m. to 3 p.m.
Regional Rd-23. Cedarview Road just north of Hunt Club at Baseline Road.

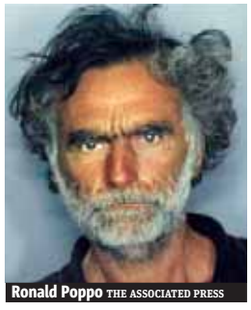
1 vote = **$1** donation
to Lions Foundation of Canada Dog Guides
up to $200,000

fidocastingcall.ca

Contest starts on August 13 and closes at 7:59 a.m. on September 10, 2012. Open to residents of Canada, 13 years or older. One Grand Prize valued at $10,845, nine (9) runner-up prizes valued at $400 each and 50 Lucky Dog prizes valued at $10 each. Odds of winning the Grand Prize or a runner-up prize depend on the number of eligible Casting Sheets and the number of votes each eligible Casting Sheet may receive. Odds of winning a Lucky Dog prize depend on the number of eligible Casting Sheets in the draw. Correct answer to mathematical skill-testing question required to be declared a Lucky Dog prize winner. NO PURCHASE NECESSARY. Full rules and details at fidocastingcall.ca.

Face-chewer 'ripped me to ribbons': Victim

Investigation. Ronald Poppo tells police his attacker was acting nice before turning 'berserk'



Ronald Poppo THE ASSOCIATED PRESS

A homeless man whose face was mostly chewed off in a bizarre assault alongside a busy Florida highway told police that his attacker "just ripped me to ribbons."

In a recorded interview with investigators, Ronald Poppo said the man who approached him at first seemed friendly. Then the man, Rudy Eugene, seemed to become angry about something that had happened on Miami Beach, where thousands were partying through the holiday weekend in late May.

"For a while he was acting nice. Then he got flustered. He probably remembered something that happened on the beach and was not happy about it," Poppo said in the interview that was taped July 19 and first reported Wednesday by Miami news station WFOR-TV.

Poppo said Eugene "turned berserk" and attacked with his bare hands, screaming that both men would die.

"He just ripped me to ribbons. He chewed up my face. He plucked out my eyes. Basically, that's all there is to say about it," Poppo said.

Eugene, 31, was shot and killed by a Miami police officer during the attack. Lab tests found only marijuana in his system. Poppo, 65, remains in a long-term-care facility after losing an eye, his eyebrows, his nose and parts of his forehead and right cheek in the May 26 attack. His other eye was severely damaged.

Poppo recalled Eugene telling him that his Bible was stolen in Miami Beach and that Poppo was the one who took it. Poppo said he told Eugene he did not have anything, had not been to Miami Beach.

THE ASSOCIATED PRESS

Tropical storm floods Mexico's Gulf coast

A vendor recovers a cooler after high waves swept through Veracruz, Mexico, Thursday. Tropical Storm Ernesto headed into Mexico's southern Gulf coast as authorities in the flood-prone region prepared shelters, army troops and rescue personnel for drenching rains. FELIX MARQUEZ/THE ASSOCIATED PRESS

Florida shooter to use 'stand your ground' law against murder charge

The U.S. man charged in the fatal shooting of an unarmed black teen that led to national protests will try to have the murder charge dismissed under Florida's "stand your ground" self-defence law, his attorney said Thursday.

George Zimmerman, a neighbourhood-watch volunteer, shot 17-year-old Trayvon Martin after a confrontation in Zimmerman's gated community, where Martin was visiting.

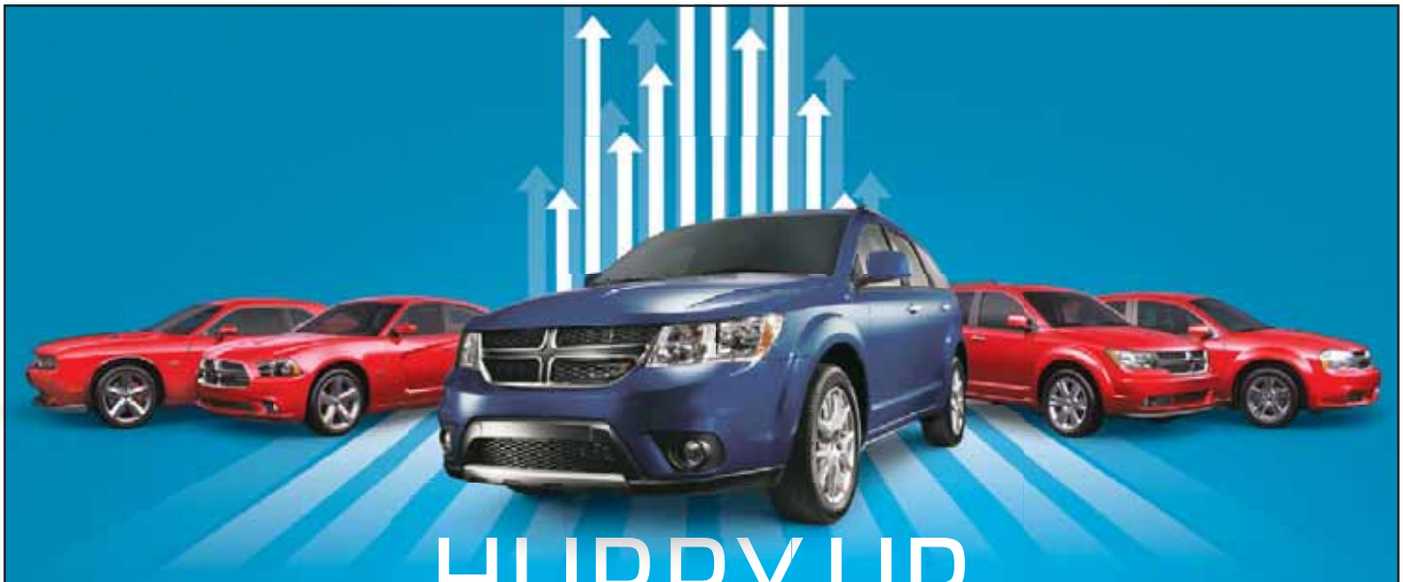
The hearing, which likely won't take place for several months, will amount to a mini-trial involving much of the evidence collected by prosecutors as well as expert testimony from both sides.

Legal experts say it's likely that Zimmerman himself would testify since he is the sole survivor of the Feb. 26 confrontation.

Under the "stand your ground" law, Circuit Judge Kenneth Lester can dismiss the charges if Zimmerman conclusively shows he fatally shot Martin because he "reasonably believed" he might be killed or suffer "great bodily harm" at the hands of the unarmed teenager. THE ASSOCIATED PRESS

SiriusXM

DODGE CARAVAN KIDS
PROUD SPONSOR OF AMATEUR HOCKEY ACROSS CANADA



HURRY UP TO TRADE UP

SUMMER CLEARANCE EVENT

TRADE UP TO CANADA'S BEST SELLING CROSSOVER^.

2012 DODGE JOURNEY CANADA VALUE PACKAGE

CANADA'S #1 SELLING CROSSOVER^

38 MPG HWY
7.5 L/100 KM HWY[5]

TOP SAFETY PICK 2012

AUTOMOBILE JOURNALISTS ASSOCIATION OF CANADA
BEST NEW SUV/CUV UNDER $35,000 IN 2012 ACCORDING TO AJAC.

$19,995*

PURCHASE PRICE INCLUDES $2,000 CONSUMER CASH,[‡] FREIGHT, AIR TAX, TIRE LEVY AND OMVIC FEE. TAXES EXCLUDED. OTHER RETAILER CHARGES MAY APPLY.[+]

2012 Dodge Journey R/T shown.[5]

OR CHOOSE

$116 BI-WEEKLY FINANCING[†] @ **4.79%** FOR 96 MONTHS WITH $0 DOWN

STEP UP TO THE 2012 DODGE JOURNEY SXT

- 3.6 L Pentastar™ VVT V6 with 283 HP
- One-touch up/down front windows
- Dual bright exhaust tips
- Highway: 7.8 L/100 KM (36 MPG)[¤]

$25 MORE BI-WEEKLY (INCLUDES $3,000 TOTAL DISCOUNTS*▲)

+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

SCAN HERE FOR MORE GREAT OFFERS

LESS FUEL. MORE POWER. GREAT VALUE.

10 VEHICLES WITH 40 MPG HWY OR BETTER.

CHRYSLER Jeep DODGE RAM

Dodge.ca/Offers

Less Fuel. More Power. Great Value is a comparison between the 2012 and the 2011 Chrysler Canada product lineups. 40 MPG or greater claim based on 2012 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. See retailer for additional EnerGuide details. Wise customers read the fine print: • *, ▲ †, § The Hurry Up to Trade Up Summer Clearance Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after August 1, 2012. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. •$19,995 Purchase Price applies to 2012 Dodge Journey Canada Value Package (22F) only and includes $2,000 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. ‡Consumer Cash Discounts are offered on select 2012 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. ▲$1,500 Bonus Cash is available on all new 2012 Dodge Grand Caravan SXT and $1,000 Bonus Cash is available on all new 2012 Dodge Journey SXT models except remaining Save the Freight models. Bonus Cash will be deducted from the negotiated price after taxes. See your retailer for complete details. †4.79% purchase financing for up to 96 months available on the new 2012 Dodge Journey Canada Value Package (22F) model to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Retailer order/trade may be necessary. Retailer may sell for less. See your retailer for complete details. Example: 2012 Dodge Journey Canada Value Package (22F) with a Purchase Price of $19,995 (including Consumer Cash Discount) financed at 4.79% over 96 months with $0 down payment, equals 208 bi-weekly payments of $116 and a total obligation of $24,109.52. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. §2012 Dodge Journey R/T shown. Price including applicable Consumer Cash Discount: $25,530. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. See bottom of the ad for range of potential retailer fees. Retailer order/trade may be necessary. Retailer may sell for less. ^Based on R. L. Polk Canada, Inc. January to October 2011 Canadian Total New Vehicle Registration data for Chrysler Crossover Segments. ◆Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 2012 Dodge Journey Canada Value Package & SE Plus – Hwy: 7.5 L/100 km and City: 10.8 L/100 km. 2012 Dodge Journey SXT – Hwy: 7.8 L/100 km and City: 12.6 L/100 km. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.

Suspect in hammer attack may have given fake identity

When a Spanish tourist was abruptly pummelled in the head by a hammer-wielding stranger on a park bench last week in New York City, there seemed to be little mystery about who attacked him — a suspect was arrested nearby and confessed, authorities said.

But now the case may not be so straightforward: Prosecutors are investigating whether the suspect gave authorities a phoney name after a chess master in Canada told them he believes the man is using his identity.

At the moment, the suspect is being held without bail on attempted murder and other charges relating to the hammer attack. He hasn't been charged with any other crime. The Manhattan district attorney's office is looking into the false-identity allegation, a person familiar with the case said Wednesday, speaking on condition of anonymity because the person wasn't authorized to discuss the matter publicly.

The Legal Aid Society, which is representing the suspect, had no immediate comment.

Yoos too?

- The suspect gave police the same name — complete with middle name — and birth date as chess player John C. Yoos.
- Yoos, a U.S. citizen, said he was told the man also gave his Social Security number, though he doesn't know how the man obtained it.

The tourist, Hugo Alejandre of Barcelona, was eating lunch with his girlfriend in a park near city hall on July 30 when a man sitting next to them pulled out a hammer and started bashing Alejandre on the head and back with it, prosecutors said. Bystanders ultimately wrestled the tool away. Alejandre was treated for a spinal fracture and deep cuts, prosecutors said.

The chess player, John C. Yoos, 43, of Vancouver, says he knew nothing about the attack until a friend contacted him Monday after seeing a news report about it. The friend thought it was a coincidence that a man of Yoos' same name and age had been arrested in New York, Yoos said in a phone interview Tuesday.

He looked at photos accompanying news stories about the attack, recognized the suspect as an acquaintance from years ago and started calling authorities.

"It's a little bit disconcerting because, obviously, it's been widely reported. It's my name and my age on it," he said by phone. "I'd be very happy if this was clarified soon — that this is not, in fact, me."

At an arraignment last week, Legal Aid lawyer Alyssa Gamliel said the suspect had only one prior, minor brush with the law, involving an unpaid fine in Hawaii in 2008.

Honolulu court records show an April 2008 jaywalking case against a man who gave Yoos' name and birth date; he gave police an address in Haiku, Hawaii. He was fined an as-yet-unpaid $100 US, court records show.

THE ASSOCIATED PRESS

Coalition Avenir Quebec Leader Francois Legault greets members of the public during an election-campaign stop in Mirabel, Que., on Thursday. GRAHAM HUGHES/THE CANADIAN PRESS

9-to-5 learning would be reality under new party

Quebec election.

Teachers' group greets promise with skepticism, saying it would create logistical problems

There will be a lot less late-afternoon texting and TV watching for Quebec high-school students if a new political party gets its way.

The Coalition Avenir Québec (CAQ, Coalition for Quebec's Future) says it would adjust secondary-school opening hours to 9 a.m. to 5 p.m. if it wins the election, in order to better reflect the schedule of modern families and to help fight the province's high dropout rate.

Quoted

"Those famous yellow buses wouldn't leave at 3:30 p.m. anymore. They'll leave schools at 5 p.m."

CAQ Leader Francois Legault

Leader Francois Legault says he wants to put an end to adolescents going home in the middle of the afternoon and playing video games alone in the house. Instead, they would do extracurricular activities, like sports or cultural classes, or could get help with their homework.

The measure would be implemented over five years and cost $290 million when fully implemented. He said it would be introduced first in poor neighbourhoods with high dropout rates.

He said teachers wouldn't be forced to work an extra hour. Those who choose to, he said, would get a pay raise. Legault said the plan would have to be negotiated with teachers' unions.

For their part, the governing Liberals accuse the Coalition of making promises it can't afford with its cocktail of tax cuts and spending pledges. THE CANADIAN PRESS

A Career in Ultrasound!

The Diagnostic Medical Sonography program is a 20-month, first-discipline program that trains students to perform abdominal, pelvic, vascular, obstetrics and gynecological ultrasound imaging. Students can enter into this program directly from high school as long as they have the prerequisites in English, math, biology and physics.

Ultrasound is a growing field with excellent employment prospects and a great salary ($68,000 - $86,000 per year). At schools across Canada, hundreds of applicants are turned away every year so grab this unique opportunity to enter the program this September!

BECOME A MEDICAL SONOGRAPHER

DIAGNOSTIC MEDICAL SONOGRAPHY
20-MONTH DIPLOMA PROGRAM (Probationary)

SEATS AVAILABLE THIS FALL!

ALSO AVAILABLE
BECOME A DENTAL HYGENIST

DENTAL HYGIENE
18-MONTH DIPLOMA PROGRAM
C.D.A.C. ACCREDITED

CNIH
Canadian National Institute of Health

613-726-(CNIH)2644 • 1-866-726-(CNIH)2644
www.cnih.ca

MIDEARTH TRAVEL

738 Bronson Ave. 613-236-5226
224-6 Hunt Club Rd. 613-236-2323
www.midearth.ca

NEW YORK CITY FUN
NYC, Washington DC and Atlantic City
Departure dates: Sept. 1st and more
3-day from $179 4-day from $209

TORONTO - NIAGARA FALLS
1000 Islands - Toronto - Niagara Falls
Departure dates: Saturdays and Wednesdays
2-day bus tour from $109

QUEBEC CITY & WHALE WATCHING
Quebec City - Montreal
Departure dates: Every Saturday
2-day bus tour from $119

MARITIME PROVINCES
Gaspe - PEI - Peggy's Cove - Halifax - Bay of Fundy
Departure dates: Every Saturday
6-day bus tour from $319

All including Bus & Hotel

Iran holds Syria conference as regime fights off rebel push

Call it dialogue. Allies stand together amid international pressure for Assad to step down

As Syrian forces struggled to drive rebels from the country's largest city, the regime's key ally Iran tried Thursday to start an alternative political process to address the crisis.

Iran gathered an array of nations ranging from strong supporters of Damascus to far-flung nations a world away from the Syrian civil war.

The one-day forum is unlikely to result in any international consensus, but it shows Iran's resolve to stand by President Bashar Assad as his forces try to crush the 17-month-old uprising.

On Thursday, Syrian rebels said they were low on ammunition but still managed to put up resistance against a regime ground offensive in the city of Aleppo, a centre of fighting for more than two weeks.

Tehran billed Thursday's conference as a way to focus on dialogue — an alternative to Western-led initiatives that call for Assad to give up power.

Iran has said in the past that the Syrian regime's critics fail to take into account violence by the rebels.

"Iran is against the killing of unarmed people and citizens by any side," Iranian Foreign Minister Ali Akbar Salehi said at the gathering.

He also warned that sending weapons to the opposition will only fuel the crisis, and he accused rebels of using civilians as "human shields."

Russia in the past has urged the West to allow Tehran to take part in international discussions on how to settle the Syrian crisis, arguing that the Islamic republic could play an important role. Moscow has been the main protector and ally of Assad's regime, shielding it from UN sanctions over its brutal crackdown on an uprising that has evolved into a full-blown civil war.

The U.S. dismissed the Iranian gathering.

"It's just hard for us to imagine that after putting so much effort into keeping Assad in power ... how they (Iran) can be a constructive actor in facilitating a political solution to the crisis," State Department spokesman Patrick Ventrell said.

THE ASSOCIATED PRESS

Conference attendees

- Iran said some 30 countries attended the meeting, including Russia and China, as well as far-off Benin, Cuba and Mauritania.
- The meeting was called at short notice, and most countries were represented at the ambassador level.

Bosnia. Wildfires set off blast in old minefield; more explosions feared

As firefighters tried to contain two wildfires near an ammunition factory in southern Bosnia on Thursday, one of the blazes began setting off explosions in a minefield left over from the country's war in the 1990s, officials said.

No one was injured, but the risks of entering the minefield and heavy winds were making it difficult for the firefighters and several military helicopters assisting them to battle the two blazes in the populated area.

This summer has been one of the hottest on record in Bosnia, and it hasn't rained in the country for two months.

Bosnia's 1992-1995 war turned it into one of the world's most mine-infested countries.

THE ASSOCIATED PRESS

Colorado. Lawyers for theatre-shooting suspect say client is mentally ill

Attorneys for the suspect in the Colorado movie-theatre shootings said Thursday their client is mentally ill.

James Holmes is accused of going on a July 20 shooting rampage at a midnight showing of the latest Batman movie in Aurora, killing 12 people dead and injuring 58 others.

Defence attorney Daniel King made the revelation about Holmes as he argued defence attorneys need more information from prosecutors and investigators to assess their client.

THE ASSOCIATED PRESS

Nuclear energy under fire on anniversary of Nagasaki

A woman and a boy pray next to lanterns along a river, paying tribute to the victims of the atomic bombing in Nagasaki, Japan, Thursday. They were two of the 6,000 people who gathered at a peace park near the epicentre of the 1945 blast, including students and the mayor of one of the towns most affected by last year's nuclear-plant disaster. Japanese officials have pledged to seek a society less reliant on nuclear energy as the country marks the 67th anniversary of the atomic bombing. KYODO NEWS/THE ASSOCIATED PRESS

THAT'S THE POWER OF WIND™

HOW DO YOU KEEP 200 MILLION CUSTOMERS HAPPY? WITH YOUR EARS.

Being part of a global company across 18 countries means we have over 200 million customers to listen to and learn from. That helps us provide you with the products and services you deserve, like unlimited plans that really are unlimited.

WINDmobile.ca

Certain countries only. See our website for a complete list of included countries. Data services subject to WIND's Fair Usage Policy and Internet Traffic Management Policy. All services subject to WIND's Terms of Service and are for personal use by an individual. Applicable taxes extra. Other conditions apply. WIND and WIND MOBILE are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. © 2012 WIND Mobile.

Russia. PM says someone must take rap for latest bungled space launch

Russia's Prime Minister Dmitry Medvedev said Thursday that this week's failed space launch has dented the nation's prestige and that those to blame must be held responsible.

A Proton-M booster rocket launched Monday failed to place two communications satellites into target orbits, a mishap that followed several other botched launches.

An official investigation is underway.

Medvedev said Thursday the failure could have been caused by "traditional sloppiness."

He says he will chair a government meeting next week to look into the case and name those responsible for the failure.

"We can't tolerate that any longer," Medvedev said at the start of a Cabinet session. "We are losing our prestige and billions of rubles."

Russia's space program has suffered a series of humiliating failures blamed on manufacturing flaws and engineering mistakes.

They included the loss of a robotic probe designed to study a moon of Mars that was launched in November and eventually came crashing down in January.

In August 2011, a Soyuz booster rocket failed, raising the prospect of leaving the space outpost unmanned.

THE ASSOCIATED PRESS

Wounded prestige

Officials said the failed launches were rooted in the post-Soviet industrial meltdown that has badly hurt a once-proud space program, stymying its modernization. Despite a steady increase of funding thanks to oil revenues, Russia's space industries continue to rely on outdated equipment and an aging workforce, and quality standards have degraded.

- Recent failures followed other botched launches. Russia lost three navigation satellites in 2010, a military satellite in 2011 and a telecommunications satellite that year.

NASA's photo-snapping rover Curiosity at work on Mars

Curiosity returned another postcard from Mars as it begins a two-year mission. This image provided on Thursday by NASA shows a portion of the first 360-degree colour panorama the of Gale Crater. The panorama was stitched together using thumbnail images taken by the rover's mast camera. Curiosity landed in Gale Crater last Sunday, Aug. 5. The craft is the most complex such rover ever designed, and NASA says it's behaving "basically flawlessly."

NASA/THE ASSOCIATED PRESS

NASA prototype crashes

Would-be moon lander soon to land in scrap heap

A prototype NASA lander crashed and burned in a test flight at Kennedy Space Center in Florida.

NASA says it appears that the methane-powered Morpheus lander is a total loss.

Nobody was hurt in the unmanned test Thursday.

Video shows the spider-like vehicle taking off and seconds later tilting and crashing to the ground. It was built with low-cost equipment.

THE ASSOCIATED PRESS

Five-fold increase

New swine-flu strain linked to fairs

Don't pet the pigs.

That's the message state and county-fair visitors got Thursday from health officials who reported a five-fold increase in cases of a new strain of swine flu that spreads from pigs to people.

Most of the cases are linked to fairs, where visitors are in close contact with infected pigs.

This flu has mild symptoms and it's not really spreading from person to person. Health officials say it's not a pandemic situation. THE ASSOCIATED PRESS

Limited time offer!

$25/mo UNLIMITED Data + Talk + Text

Unlimited wireless service for less than $1 a day. Now that's smart.

mobilicity.ca

Taxes are extra. Limited time offer. Offer/Credit valid only while customer is on automatic monthly payments (preauthorized credit/debit payment). Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. All unlimited features included in each plan/add-on, including unlimited talk, text and data features, must originate and be used within the Mobilicity Unlimited Zones. Premium and special numbers are excluded. Additional terms and conditions apply. Subject to change without notice. © 2012 Mobilicity. 'Mobilicity', 'Now that's smart.', the Mobilicity designs and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

mobilicity™ Now that's smart.

Mobilicity Stores

Lincoln Fields Mall
1595 Merivale Rd, Unit 6

168 Rideau St

Bayshore Shopping Centre
173 Montreal Rd

Hazeldean Mall

Carlingwood Shopping Centre
246 Bank St

Authorized Dealers

Cellular X Zone:
Billings Bridge Shopping Centre

Bullo Wireless:
1414 Walkley Rd

IGO Cyber House Inc:
223 Bank St

FTA Tronix:
1807 Carling Ave

Mino Mart:
1157 Wellington St

City Mobile:
TNT Supermarket
224 Hunt Club Rd, Unit B

Hasty Market:
1565 Alta Vista Dr

Rocknet Telecom:
967 St Laurent Blvd

Attendants sit next to a field contaminated with dioxin before a ceremony marking the start of a project to clean up dioxin from the Vietnam War, at a former U.S. military base in Danang on Thursday. MAIKA ELAN/THE ASSOCIATED PRESS

U.S. begins Agent Orange chemical cleanup in Vietnam

The plan. 73,000 cubic metres of soil will be heated to 335 C to break down the dioxin into oxygen, carbon dioxide and other harmless substances

The United States began a landmark project Thursday to clean up a dangerous chemical left from the defoliant Agent Orange — 50 years after American planes first sprayed it on Vietnam's jungles to destroy enemy cover.

Dioxin, which has been linked to cancer, birth defects and other disabilities, will be removed from the site of a former U.S. air base in Danang in central Vietnam.

The effort is seen as a long-overdue step toward removing a thorn in relations between the former foes nearly four decades after the Vietnam War ended.

The $43-million joint project with Vietnam is expected to be completed in four years on the 19-hectare contaminated site, now an active Vietnamese military base near Danang's commercial airport.

The work begins as Vietnam and the U.S. forge closer ties to boost trade and counter China's rising influence in the disputed South China Sea that's believed rich in oil and natural resources. The U.S. says protecting peace and freedom of navigation in the sea is in its national interest. THE ASSOCIATED PRESS

The issue

The U.S. military dumped some 75 million litres of Agent Orange and other herbicides on about a quarter of former South Vietnam between 1962 and 1971, decimating about 2 million hectares of forest — roughly the size of Massachusetts.

- The Agent Orange issue has continued to blight the U.S.-Vietnam relationship because dioxin can linger in the environment for decades, entering the food supply through the fat of fish and other animals.

China scandal

Closely watched murder trial ends

Testimony in the messiest scandal China's Communist leadership has faced in two decades wrapped up within hours Thursday as the wife of disgraced politician Bo Xilai stood accused of luring British businessman and close family associate Neil Heywood to a hotel, getting him drunk and pouring poison into his mouth. Gu Kailai was tried with a household aide. They did not contest the murder charges. A guilty verdict is all but assured and could carry a death sentence. THE ASSOCIATED PRESS

Rain. Philippine capital cleans up after deluge

Thousands of Filipinos shovelled muck and debris from flood-ravaged homes, shops and roads under a shining sun Thursday after nearly two weeks of non-stop rain shut down the capital and forced hundreds of thousands to flee from the deluge.

At least 49 people died and over two million people were affected by Manila's worst flooding since 2009. More than half of the sprawling metropolis of 12 million was submerged at the peak, and schools and offices have been closed for days. THE ASSOCIATED PRESS

Vehicles negotiate around debris from floods in suburban Quezon. TIM ALIPALO/THE ASSOCIATED PRESS

Sears
NATIONAL BRA FIT weekend

NEW LOWER PRICE
19.98
ALL WARNER'S® and VOGUE BRA®/MD boxed bras.

NEW LOWER PRICE
24.98
ALL WonderBra® and PLAYTEX® boxed bras.

NEW LOWER PRICE
12.98
ALL WonderBra, WARNERS and PLAYTEX boxed briefs.

YOU DON'T HAVE TO WAIT FOR A SALE,
WE'VE LOWERED OUR PRICES ON BOXED BRAS!

NATIONAL BRA FIT WEEKEND AUG. 10-12
NE082G312 © 2012. Sears Canada Inc.

THE NUTS & BOLTS OF LIFE & SPORTS

THE LIST
Mike Benhaim
Metro

1 **What Usain?** Does anyone else think it's awesome that the fastest man in the world's real name is Bolt?

2 **Oslo motion.** A Norwegian ref took our women's soccer team's gold-medal chance, and another Norwegian snatched our gold in kayaking. This means war, Norway. Let's see how tough you are when we show up with our trampolines. Yeah, be afraid. Be very afraid.

3 **Jackpot!** Facebook now offers online gambling in the U.K. Starting with online bingo, they plan to work their way up to slots. The site will simply ask the user to confirm that they are aged 18 or over. Which is fair, since everyone knows that gamblers never lie.

4 **Sports in space.** The six astronauts living aboard the International Space Station have been taking time from their busy schedules to watch the 2012 Summer Olympics. I'm not even allowed to use Twitter at work.

5 **Just like us.** A study published this week requiring wild hyenas in Kenya to slide open a bolt latch to get a piece of meat showed that only nine out of 62 hyenas succeeded by using their teeth or flipping the box. This is a huge coup for the science community, which spent countless grant dollars to show that if we ever encounter hyenas, we must pray that it's one of the dumb or lazy ones.

6 **Second-chance Chuck.** Charlie Sheen is back with a new show aptly titled Anger Management. Hey, here's a lesson for the kiddies: Stay away from drugs or you'll end up rich, making movies and TV shows, having frivolous sex with hot actresses and porn stars, and, after publicly humiliating yourself and your entire family, being offered another TV series. Now, is that what you really want?

7 **Palin by comparison.** Bristol Palin will take part in the all-star season of Dancing with the Stars. She says, "I figure the press will talk about me either way. So I may as well be having fun with a good group of people." Actually, I'm only talking about her to ask why anyone would be talking about her at all? Anyone?

8 **Funny Lady.** Barbara Streisand is honouring Canada with her presence once again. Well, not so much Canada as those Canadians who can afford to blow $2,000 on one night's entertainment. But, hey — thanks, Babs.

9 **Snoop Fog.** Here's how it really happened. A few years after converting to Islam, Snoop Dogg takes a spiritual journey to Jamaica (as if there were any other kind). Once there, he converts to Rastafari and decides to retire from hip hop to start producing reggae music. His manager asks: "Are you high?" Snoop says, "No." Manager replies, "Man, you lyin'!" And a new identity, Snoop Lion, is born.

10 **The Entertainer.** We lost a music legend this week. Marvin Hamlisch wrote some of the most recognizable tunes of the last half-century. He also holds the distinction of being the youngest student ever accepted into the Juilliard School, which he started at age seven. He was a rare talent who left us with a repertoire of timeless souvenirs. Thanks Marv.

Follow The Metro List on Twitter @TheMetroList

LOL: Hyenas can't haz pieces of meat, it seems. DAN KITWOOD/GETTY IMAGES

Sorry sight, sacred for science

TODD R. FORSGREN

Bird photography

Shock value inside 'Birds in nets' art

Looking at these birds haplessly caught in nets is bound to ruffle a few feathers. But in truth these creatures are unharmed in what is a research process used by biologists. Todd Forsgren's provocative images are from a series on mist nets, which ornithologists have used for years to measure and record birds.

MWN

Behind the photos

- **Definition.** Mist nets are used by ornithologists for data that cannot be obtained by using binoculars or microphones.

They "function as huge spider webs, catching unsuspecting birds," Forsgren, shown above, says on his website. The scientist carefully removes the bird from the net. The bird is then measured, aged, sexed and banded with an individually numbered anklet before it is released back into the wild, unharmed.

- **For science.** Forsgren explains the significance, rather than the tragedy, of getting birds tangled in nets. "Most people think the images are tragic if they're not familiar with the mist-netting and bird-banding," he said in an interview with art print website 20x200. "But I hope that they'll come to understand the valuable information that biologists can collect using these techniques."
- **Inspiration.** Forsgren's photographs were inspired by the work of pioneering bird enthusiasts: painter John James Audubon and ornithologist Roger Tory Peterson. "I spent days studying and trying to emulate Peterson and Audubon as a bird-watching teenager," Forsgren said. "John James Audubon's Birds of America, and Roger Tory Peterson's Field Guide to the Birds of Eastern and Central North America were the first pieces of artwork I loved."
- **On critics.** Despite the value of data from mist-net usage, Forsgren understands there will always be detractors of the technique: "For some viewers, no amount of discussion can convince them that the good this contributes to bird populations justifies an hour or two of stress on individual birds."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would a four-day work week encourage you to work harder?

Twitter

@IrishMusicOtt
A last minute loss, followed 2 days later by a last minute victory against France. Nail biting entertainment. Way to go!! #soccer #bronze

@Kimmys444
@sincy12 Thank you for making Canada so proud! You have inspired an entire nation! Today you all made bronze the NEW Gold! #Congrats

@RobertFaubert1
Christine Sinclair doesn't take penalty shots, they just award the goal! #chucksinclair

@firasnasser_CA
Christine Sinclair should be #canadianflagbearer

@zchamu
I just blew out both of my wrists clapping. Also, no voice. #canwnt #soccer #teamcanada

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Ottawa** Sean McKibbon • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **General Manager** Dara Mottahed • **Sales Manager** Ian Clark • **Distribution Manager** Bernie Horton • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO OTTAWA** • 130 Slater St., Suite 300 Ottawa, ON K1P 6E2 • **Telephone:** 613-236-5058 • **Fax:** 866-253-2024 • **Toll free:** 1-888-916-3876 • **Advertising:** 613-236-5058 • adinfoottawa@metronews.ca • **Distribution:** bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • **Letters to the Editor:** ottawaletters@metronews.ca

Google hit with $22.5M fine in privacy case

Record penalty. Tech giant to pays up to settle regulatory case with the U.S. Federal Trade Commission

Google headquarters in Mountain View, Calif. THE ASSOCIATED PRESS FILE

Google will pay a $22.5-million US fine to settle the latest regulatory case questioning the Internet search leader's respect for people's privacy and the integrity of its internal controls.

The penalty announced Thursday by the Federal Trade Commission matches the figure reported by The Associated Press and other media outlets last month. It's the most that the FTC has ever fined a company for a civil violation.

The rebuke resolves the FTC's allegations that Google duped millions of web surfers who use Apple's Safari browser.

Google had assured people that it wouldn't monitor their online activities, as long as they didn't change the browser settings to permit the tracking.

Google broke that promise, according to the FTC, by creating a technological loophole that enabled the company's DoubleClick advertising network to shadow unwitting Safari users. That tracking gave DoubleClick a better handle on what kinds of marketing pitches to show them.

The FTC concluded that the contradiction between Google's stealth tracking and its privacy assurances to Safari users violated a vow that the company made in another settlement with the agency in October.

THE ASSOCIATED PRESS

Tech tussle

RIM patent-lawsuit ruling overturned

Research in Motion says a California judge has overturned a ruling on a patent-infringement case involving mobile-device-management company Mformation Technologies and vacated a $147.2-million US jury award. THE CANADIAN PRESS

Email scams

Report phishing to Facebook

Facebook has a new email address for people to report scams. Anyone can report malicious emails that pretend to come from the networking site to phish@fb.com. THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.81¢ US (+0.27¢)

TSX 11,858.13 (+77.09)

OIL $93.36 US (+1¢)

GOLD $1,620.20 US (+$4.20)

Natural gas: $2.945 US (+1.2¢)
Dow Jones: 13,165.19 (-10.45)

China on shaky footing?

A shoe-shop worker arranges discounted shoes at a shopping mall in central Beijing on Thursday. China's inflation rate fell further in July, giving the government more room to stimulate growth amid mixed signals about whether the world's second-largest economy is recovering from a painful slowdown. ALEXANDER F. YUAN/THE ASSOCIATED PRESS

Canada's National Notary Public Company

Mobile Notary
Certified True Copies
E-Document Certification
Notarization & Commissioners of Oaths
Affidavits
Visa & Passport Processing

Notarization & Legalization
Over 100 Locations Across Canada

Red Seal NOTARY

Scan and Save

Fingerprinting
Background Checks
Land Title Searches
Authentication & Legalization (Apostille)
Consent to Travel

RedSeal Notary.com

1-888 922-7325

Sears
DISCOUNTS AT THIS LOCATION ONLY
RIDEAU CENTRE 50 Rideau St
STORE CLOSING
Back To School Savings!
Everything Must Go!!!
ENTIRE STORE NOW 20% OFF & MORE
Lowest Ticketed Price
30% to 40% OFF Original Ticketed Price
ALL Fine Jewellery, Diamond, Silver, Gold & Gemstones
All Fashion Clothing Back To School Savings! 30% OFF Lowest Ticketed Price
Save On All Craftsman Tools, Major Appliances & Kitchen Electrics All At Discount Prices!
All Shoes Stock Up For Back To School 40% OFF Lowest Ticketed Price
40% OFF Original Ticketed Price
All Mattresses Beautiful Selection!
Plus Take An EXTRA 10% OFF
Store Fixtures, Furniture and Equipment for Sale!
ALL SALES FINAL. OPEN REGULAR STORE HOURS. WE ACCEPT MASTERCARD, VISA, AMERICAN EXPRESS, AND SEARS FINANCIAL™ CREDIT CARDS. WE ACCEPT SEARS GIFT CARDS AND SEARS CASH CARDS. ALL ITEMS AVAILABLE WHILE QUANTITIES LAST. THIS STORE IS EXCLUDED FROM CURRENT SEARS FLYER OFFERS. EXCLUDES COSMETICS, FRAGRANCES AND LICENSED DEPARTMENTS.

Q2. Wendy's turnaround push starts to take hold

The Wendy's push to transform itself as a higher-end hamburger chain is showing early signs of taking hold.

The Dublin, Ohio-based fast-food company says a key sales figure rose 3.2 per cent in the second quarter, helped by renovated restaurants, new menu items such the Spicy Guacamole Chicken Club sandwich and a new TV ad campaign.

Sales at restaurants open at least 15 months is a key gauge because it strips out the impact of newly opened and closed locations.

Wendy's said the boost was driven by increased spending per visit, which is in line with its long-term goal of enticing customers to pay more for higher-quality food. But executives noted in a conference call with investors that the company still has a long road ahead.

THE ASSOCIATED PRESS

Restaurant makeover

- To cast itself as a more premium fast-food chain, Wendy's is investing heavily to give its restaurants a fresher look.
- CEO Emil Brolick said the renovations and new restaurants — which will cost $80 million this year — are critical because they "enhance all dimensions of the Wendy's experience."

New leadership

Yahoo CEO mulls shift in direction

Recently hired Yahoo CEO Marissa Mayer may scrap the Internet company's plan to reward its long-tormented shareholders with a multibillion-dollar payout later this year, underscoring the uncertainty accompanying new leadership.

The unexpected twist disclosed in regulatory documents filed Thursday after the stock market closed caused Yahoo shares to drop more than 3 per cent in extended trading.

THE ASSOCIATED PRESS

Frugal customers eating into sales: Tim Hortons

A server pours a cup of coffee at a Tim Hortons outlet in Toronto.

CHRIS YOUNG/THE CANADIAN PRESS FILE

Fewer coffee breaks?

While profits are still up, popular snack chain may take a hit from flagging consumer confidence

While Tim Hortons' profits and sales continue to improve, Canada's biggest coffee chain says growth may be constrained as frugal consumers — while not prepared to give up their morning java — are cutting back on afternoon snacks.

The chain's 13 per cent improvement in second-quarter earnings may not suggest that Tims is taking a hit from weaker consumer confidence, but it noted that a modest 1.8 per cent increase in Canadian same-store sales reflected "a challenging macro-environment.

Results may have been even better if consumer confidence was stronger, as negative sentiment about the economy has hit companies across the restaurant industry, noted CFO Cynthia Devine.

Devine said that while sales during the morning remain robust, Tims has noticed some softness in sales during the afternoon, a trend that appears to be consistent with a consumer looking to trim spending.

"The consumer, if they've got to cut back a little bit during some of these challenging times, then quite likely it's that snacking day part."

Devine also noted that an unseasonably warm spring may have eaten into afternoon sales.

"You're not coming back in the afternoon for that hot coffee when the climate was what it was."

THE CANADIAN PRESS

Quoted

"When a local economy is impacted, we certainly feel it in our stores."

Tim Hortons CEO Paul House

METRO CUSTOM PUBLISHING

BDT: A WORLD OF FLAVOUR

At Les Brasseurs du Temps brew pub each patron sips from a world of flavour. BDT has the ambiance you have been looking for. It's the cultural, social and gourmet heart of downtown. Take the time to discover Les Brasseurs du Temps.

At BDT, the beers are brewed on site from the highest quality ingredients, offering you fresh beer glass after glass. BDT brews contemporary craft beers, where you can taste the freedom and the fun. BDT also makes traditional beers, into which the brewmaster pours his serious side and his expertise.

BDT brewmaster Dominique Gosselin is a beer devotee with a background in biochemistry who honed his brewing skills at the Institut Meurice in Belgium. Along with Gosselin, two other craftsmen complete the team: Head brewer Larry Kress has more than 20 years of home brewing and five years of professional experience; while assistant brewer Christopher Braman completes the team.

BDT's philosophy in the kitchen is the same: It believes in freshness. That's why BDT uses regional products and collaborates with producers from the region. BDT reduces the transport time of food and participates actively in promoting local products.

INSPIRED CUISINE

Olivier Millot, BDT's executive chef, is a French chef turned master locavore. Millot has 25 years of professional experience creating gourmet menus. Millot works closely with BDT's brewmaster to develop the best in brewery cuisine.

A VIBRANT CULTURAL SCENE

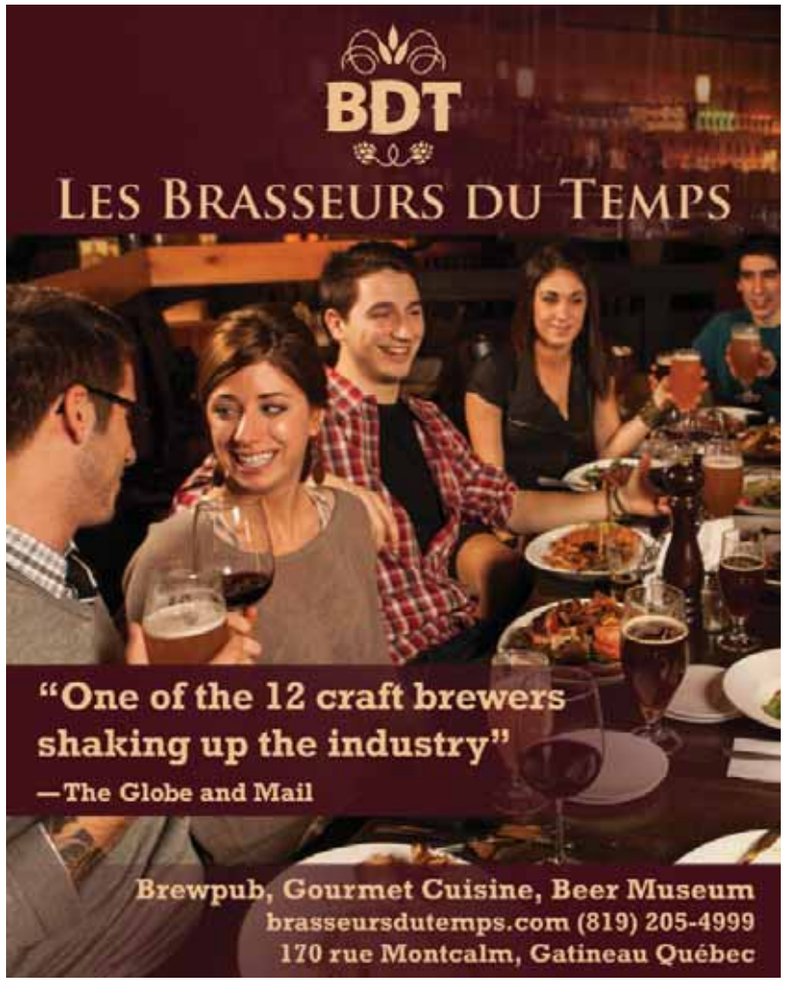
BDT is not only a historic site, it also offers an impressive array of entertainment, featuring national and international stars and exciting local up-and-comers. Check the BDT website (brasseursdutemps.com) for upcoming cultural events.

SUPERIOR QUALITY AND FRESHNESS ON TAP!

BDT's mission is simple: To create high-quality brews you will enjoy again and again. Each beer is subject to rigorous quality control, both in the ingredients that are selected, as well as throughout brewing and storage.

BDT strives to describe the character of each brew accurately. The staff is trained to describe them eloquently.

Les Brasseurs du Temps serves the taste of quality!


BDT
LES BRASSEURS DU TEMPS
"One of the 12 craft brewers shaking up the industry"
—The Globe and Mail
Brewpub, Gourmet Cuisine, Beer Museum
brasseursdutemps.com (819) 205-4999
170 rue Montcalm, Gatineau Québec

RAISE A TOAST TO BEER WEEK

FIND OLD AND NEW FAVOURITES DURING NATIONAL CAPITAL CRAFT BEER WEEK

ISTOCKPHOTO/THINKSTOCK

The inaugural National Capital Craft Beer Week is finally here and there is much reason to celebrate as the local craft beer scene isn't just alive and, well, it's booming and thriving.

With more than twice as many brewers making and selling delicious regionally handcrafted lagers and ales than we saw a year and a half ago, we the consumer are the real winner here.

To paraphrase a provincial tourism initiative — Ontario Beers Are Yours To Discover, so enjoy some world-class craft beer brewed right here in our backyard.

The two-day celebration will feature a varied and undeniably impressive lineup of the best locally brewed and Ontario produced craft beers.

With so much to choose from you will find both old and new favourites, take the time to support them with a vote for "the people's choice award" and look for the "best in show" and "best regional homebrewer" winners as they may be the next up and comer in the local craft beer scene.

There is something for everyone with a mouth-watering selection of culinary delicacies, from artisanal eateries to classic comfort foods. Or decadent street food and craft beer inspired gourmet tapas using locally grown ingredients. All of these foods are perfect for pairing with craft beers. A festival pairing menu will be available on site or you can be adventurous and create your own.

The festival stage features a program designed to entertain and inspire. The keynote speaker series, focusing on craft beer and artisanal food, will include experts from international beer and food writers like Stephen Beaumont, Jordan St. John, Ron Eade, and Jeff O'Reilly, as well as forums with master brewers, regional hop farmers, craft beer adventurers and educators.

The live musical entertainment focuses on regional "home-brewed talent" and will feature some of the best talent the National Capital Region has to offer, kicking off with the Beau's "brew house band" Audio, and closing out with funky party band extraordinaire The HammerHeads.

Amazing craft beers, fantastic food, entertaining speakers, spectacular live music, great friends, fresh air and it's all right downtown. This sounds like a recipe for a really great time.

The National Capital Craft Beer Festival runs Aug. 17-18 from 11 a.m. to 10:30 .m. at Marion Dewar Plaza (Ottawa City Hall, 110 Laurier Ave. W.). Tickets are available at the event.

For full festival details, scan the QR code or visit nationalcapitalbeerweek.com/.

National Capital
CRAFT BEER festival
Aug. 17-18, 2012
11:00 AM to 10:30 PM daily
Just outside Ottawa City Hall

Over 50 Craft Beers!
Brewmaster forums
Great Local Bands
Including the Hammerheads and the Fiftymen
International Craft Beer Experts
Local Artisanal Eateries
for details visit us at nationalcapitalbeerweek.com

CHEZ 106 WORLD CLASS ROCK
metro
bluArc
fleet prosound & lighting
Showtime
mosher BOOKKEEPING INC.
ae alliance events

IT ALL STARTED OVER A BEER

FOUR LOCAL GUYS GOT TOGETHER TO START HOGSBACK BREWING COMPANY

Of the many Ottawa stories that begin with the words, "it all started over a beer," the HogsBack Brewing Company's has to be one of the most interesting.

When four local guys — Frank, Jerry, Mark and Paige — were enjoying a few pints after a long day at work, they looked around and saw the happiness that the patrons in a local brew pub were enjoying. Their conversation then wandered into the "we could do this" territory. Their extensive research — especially in taste testing to develop the perfect beer — was a rewarding experience, and still is, but they would need a name and a logo worthy of the brand.

Once one of the guys brought in an intriguing picture of a prize-winning hog to the table, a beer-inspired stroke of genius led them to the name "HogsBack," after the area's beautiful Hog's Back Falls.

Their research also led them to find inspiration from Ottawa's first permanent settler, Philemon Wright, who not only built the HogsBack Damn at Mooney's Bay, but also sold hops to a young John Molson. Wright's original brewery is the site of Les Brasseurs Du Temps brew pub in Gatineau and his entrepreneurial spirit as a local brewing pioneer became a role model for the HogsBack crew.

After more than two years, the boys are still contract brewing out of the Cool Beer Brewery in Toronto while doing some cool "colla-beer-ations" with Ashton Brewing Company (Kilty Bastard Scotch Ale and the new Sunofa Beach Kristal Weisse). But they are patiently searching for the perfect local home to brew HogsBack Vintage Lager (so if you know of a spot drop by their NCCBW booth and give them a heads up).

Earlier in the year, at the ninth annual Ontario Brewing Awards, Hogsback Vintage Lager won gold in the highly competitive North American style lager, as well as the "people's choice" and "newcomer of the year" awards. Ottawa breweries are doing us proud and our region is regarded as a craft brewing hotbed because of it.

HogsBack Vintage Lager is available on tap all around the Ottawa area.

For more, see hogsback.ca.

PAUL TING PHOTO

TAKE A RIDE WITH THE BIG RIG BREWERY

Big Rig Brewery is pleased to participate in the first annual National Capital Craft Beer Week.

The brewery is thrilled to be able to share its experience, passion and selection of brews during this event.

Big Rig Brewery is honoured to be part of a growing industry that increases tourism, generates tax revenue and creates jobs.

Big Rig Brewery brewmaster Lon Ladell has more than 16 years experience in the craft beer industry. His passion for beer has led him around the world. He feels fortunate to be part of the emerging craft beer scene here in our nation's capital and is anxious to share his knowledge of craft beer with other beer enthusiasts.

He is especially proud of the seasonal Hefeweizen. Hefeweizen is a renowned German style that literally means "wheat beer with yeast."

Ladell uses a special stain of yeast sourced directly from Munich. This results in a refreshing dry beer, perfect for patio season.

Big Rig Brewery is excited to participate in the revival of great beer in the Ottawa region.

The restaurant and brewery recently opened at 2750 Iris St., near the new Ikea store. Big Rig Brewery has many fine brews on tap and a varied menu that caters to all palates.

Throughout the craft beer week Big Rig Brewery will be hosting daily tours of its brew house at 4 p.m. Tours will be available from Aug. 13-16.

Please join Big Rig Brewery at its booth during the Craft Beer Festival to enjoy some limited edition cask conditioned beers.

GOOD BEER, GOOD TIMES WITH BROADHEAD

It's a good time to be a beer lover in the city of Ottawa.

First of all, National Capital Craft Beer Week kicks off today. Running from Aug. 10-18, this nine-day event serves up the very best beer that the region has to offer. Being our first year, it's exciting to take part in it. These events are one of the reasons that we decided to start our own brewery.

On top of this, new microbreweries — and the increasing number of bars that embrace them — are popping up everywhere across the city. You hear a great new beer story in Ottawa on a weekly basis.

And I'm happy to say, we feel like we're one of these stories.

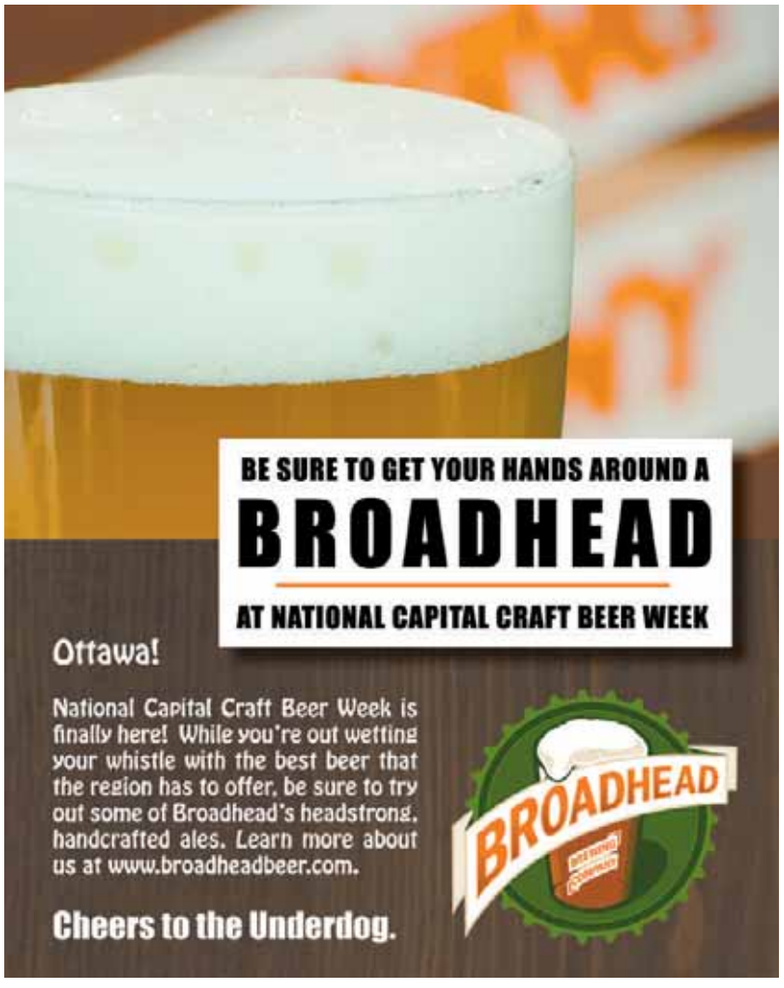
Broadhead has had an exceptional first year as a start-up brewery. The support we've had from friends and family, and from people across the city that have (literally) gone out of their way to buy our beer, has been remarkable.

Starting a brewery has been more work than we ever imagined, but watching someone drink a beer you made — and love it — makes every late night worthwhile.

So, cheers to the city of Ottawa this week. Thanks for a great event that will surely bring out beer lovers from across the region. And thanks for helping the Broadhead Brewing Company get off the ground in its first year in operation. It's great to live in a city with such good beer, and good people, at such an exciting time.

Josh Larocque, Head Brewer Guy
The Broadhead Brewing Company

ISTOCKPHOTO/THINKSTOCK


BE SURE TO GET YOUR HANDS AROUND A
BROADHEAD
AT NATIONAL CAPITAL CRAFT BEER WEEK
Ottawa!
National Capital Craft Beer Week is finally here! While you're out wetting your whistle with the best beer that the region has to offer, be sure to try out some of Broadhead's headstrong, handcrafted ales. Learn more about us at www.broadheadbeer.com.
BROADHEAD
Cheers to the Underdog.

A CHAT WITH A BREWMASTER

MILL STREET'S JOEL MANNING TALKS ABOUT CRAFT BREWING

Mill Street brewmaster Joel Manning.

Mill Street Brewery recently opened a brew pub in Lebreton Flats, next to the War Museum. Mill Street brewmaster Joel Manning provided answers about Mill Street's brews, and craft beer in general.

QUESTION: WHY DO YOU THINK CANADIAN CRAFT BREWERIES LIKE MILL STREET HAVE BEEN SO POPULAR IN RECENT YEARS?

Let me just set the scene for you here. Modern craft brewing really is a return to traditional immigrant brewing in Canada that was lost early in the 20th century due to Prohibition killing off small breweries.

This was exacerbated when amalgamation in subsequent years greatly reduced the variety of styles made by the multinational breweries. Craft brewers make these locally brewed, diverse styles of beer and I think that Canadians really get that. Also, I think craft brewers like Mill Street do well because we are pretty passionate about what we do and, I guess, independently minded private companies quietly make a confident product that speaks very eloquently without making a lot of noise.

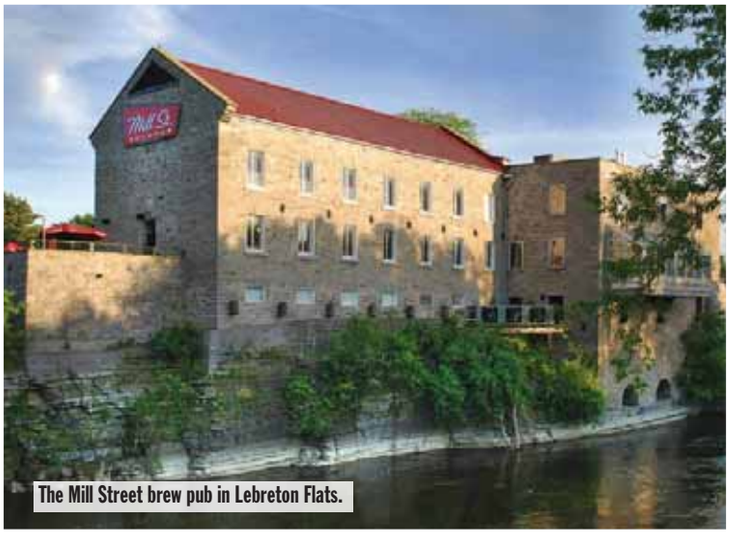
QUESTION: SO YOUR BREW PUB HAS BEEN OPEN FOR ABOUT SIX MONTHS NOW. HOW IS IT GOING?

It's really going well and we are all having lots of fun. The staff there are doing an amazing job and having a blast. For my team and I, what could be better than having the chance to create new craft beers for a decidedly craft beer town.

QUESTION: ARE THERE ANY DISTINCTLY CANADIAN CRAFT BEER STYLES?

I just came back from San Diego and the Craft Brewers Conference there and they make wonderful beers, but there are some subtle differences. For example, we make Tankhouse Ale, which is similar to an American Pale Ale, but is a more balanced version of that style than you would usually see in the U.S. Canadian craft brewers have slightly different influences than our American cousins and I think you tend to see a little more European balance and subtlety.

As an example, when we opened our Ottawa brew pub we added our Ambre de la Chaudiere, which is an old-style French beer, as well as our Valley Irish Red Ale, which is a nitrogen-charged draft beer that speaks to the Irish immigrant culture around Ottawa and uses local maple syrup. A lot of fun and they both really are quite extraordinary.


The Mill Street brew pub in Lebreton Flats.

QUESTION: YOU HOST DINNERS AND TALK A LOT ABOUT BEER AND FOOD PAIRING — WHY IS THAT IMPORTANT ALL OF A SUDDEN?

It used to be that you only had yellow lager beer styles in this country and there wasn't any real opportunity to pair it with a range of food. Craft beer is diverse and pairs very well with a whole range of foods, and the brewmaster's dinners are designed to show that off. Beer is obviously great on its own, but you can really add a new dimension when you find a food pairing that brings a beer to life.

We have our new seasonal sampler pack out for summer and it's a great way for people to try our range of beer and pair them with food at home. For example, the Lemon Tea Beer, Ambre de la Chaudiere and Walker's Blueberry Wheat Beer are

some of our choices for this seasonal pack and they pair very well with light salads, seafood, grilled chicken, fruit desserts and a range of light cheeses. Summer stuff and that is obviously not by accident.

QUESTION: WHAT DO YOU HAVE COMING DOWN THE PIPE?

Well, late summer and fall will be very interesting. One item that we are really excited about is our Cobblestone Stout, which is a traditional Irish-style nitrogen-charged smooth, dry stout ... Because of the incredible popularity in pubs it will be coming out in cans at the end of the summer. It's one of my favourites.

ADDING SOMETHING SWEET WITH YOUR FAVOURITE BEER

DELECTABLE TREATS AT THE FLOUR SHOPPE

The Flour Shoppe, the sweet endeavour of Melissa Somers, is a boutique bakery that puts a sophisticated spin on old-fashioned treats.

And just like the area's craft brewers, her focus is on using the best and freshest quality ingredients, always from scratch and in small batches.

So while it may be no surprise that she favours outstanding local and regional products, like farm fresh butter and cream from Cochrane's Dairy in Russell, and Equator Coffee from Almonte, you may be surprised to hear about some of the other locals whose best stuff is winning over Ottawa's dessert enthusiasts.

Well-known for their unusually delicious cupcakes, bake-shop style cookies and custom-designed sweet tables, cupcake flavours like traditional chocolate and vanilla, to bolder and more surprising tastes like Earl Grey, Chocolate Chip Pancake, and Chipotle, The Flour Shoppe's passion for creating new delectable treats has led it to embrace local craft beer in some of its more inspired recipes.

It seems that through experimenting with HogsBack Vintage Lager, Broadhead's Long Shot White, and Dark Horse Stout, Somers has noted that many of these beer's essence and taste profile are a beautiful complement to the ingredients in her bakery.

Longshot White with citrus and cardamom cake, as well as Dark Horse Stout Chocolate Cake with Bailey's buttercream, or a Father's Day "Beer & Pretzels" Cupcake with Dark Horse Stout, salted, caramel butter cream topped with pretzels were flying off the shelves.

"Dark Horse Stout, while not dominant, brings out the deeper chocolate flavours and coffee notes while definitely providing a fantastic texture" Somers says.

Unable to be a vendor at the National Capital Craft Beer Week festival since the delicate integrity of her sweets won't stand up well to the hot sun, The Flour Shoppe is an official participating venue where you can visit and scan the QR code for grand prize ballots.

And while you are there maybe pick up a new favourite beer snack — Chocolate Caramel Corn made with BroadHead Dark Horse Stout. The Flour Shoppe Cupcakery is located at 617 Bank St. For more, see theflourshoppe.ca.

GLUE POT PUB
TAVERN & SPORTS BAR
Open for Business
& BETTER THAN EVER!!!
(Under new management)
- Open 7 days a week until 2am
- All you can eat buffet every Friday
- Daily Draft Special (Best Price in town)
- FREE Pool on Sundays
- Check in for Live Performances
340 Queen Street Ottawa, ON K1R 5T9
(613) 594-8222
THE GLUE POT PUB
Ottawa's #1 Sports Pub
594-8222
Chill at the Glue Pot!

the flour shoppe
A CUPCAKERY
Happy Hour is SWEET!
Make any hour Happy Hour! Bring in this ad to get 6 cupcakes for $12 in celebration of Craft Beer Week.
617 Bank Street
613.695.3752
theflourshoppe.ca
expi yrdate: August 31st, 2012

CAT'S
FISH & CHIPS
TAKE OUT HOTLINE:
613-748-3474
319 St. Laurent Blvd. at Hemlock
OPEN 11AM-10PM EVERYDAY
www.catsfishandchips.com
Cutlass Haddock
Breaded or beer battered to order, served with a mound of fresh cut fries and our famous Sea Slaw.
You will need a tug boat to get you home...
$1 from every order of Cutlass Haddock sold will go to the DAVE SMITH YOUTH TREATMENT CENTER

UNNATURALLY GREAT BEERS

FROM BEAU'S ALL NATURAL BREWING CO.

ISTOCKPHOTO/THINKSTOCK

It seems like just yesterday that Beau's All Natural Brewing Company's flagship Lugtread Lagered Ale was its only brew and only available on tap.

Then those cool ceramic 750 ml flip-top bottles showing off their familiar tractor logo started showing up on local LCBO shelves.

Then the awards started coming in — gold at Mondial de la Biere in Strasbourg, France; two gold medals at the Canadian Brewing Awards; best craft brewery in Ontario and best craft beer in Ontario at the Golden Tap Awards in 2007, 2008, 2009, 2010, and 2011.

Bold and beautiful seasonal offerings started showing up. Then, imaginative and remarkable Wild Oats Series of beers, the genius Friendship Series collaborations with master brewers from around the world. Then much wider distribution and those wildly successful Oktoberfests, as well as hundreds of thousands of dollars raised for various local charities. The company also launched the controversial, but groundbreaking Buy Your Beau's online program. There's just no denying — these guys really know how to do it up.

Let's look at some of the wonderfully exciting things Beau's has coming up. Beau's is currently expanding, having built an addition to its brewery, adding a 7,000-litre brew house and six new 28,000-litre fermentation tanks (with room for more), which will ease the tension of an ever growing demand for the delicious Lugtread and Festivale summer season beer. By quadrupling these batches, Beau's will be able to concentrate on making more varieties and larger batches of the hard-to-find Greener Futures and Wild Oat Series beers.

All of this is just in time for Oktoberfest, where their family friendly lineup just keeps getting bigger and better. Plants & Animals, Elliott Brood, Hollerado, and polka king Walter Ostanek headline an awesome live music lineup as the region's most anticipated annual event returns to The Vankleek Hill Fair Grounds (92 Main St.) from Sept. 28-30.

Other events include a keg toss, malt sack races, stein holding struggle, kinderfest, spouse carrying races, cask days, beer school, a home brewing contest and a wide assortment of tasty regional cuisine to provide the fuel to keep you going.

Beau's All Natural Brewing is located at 10 Terry Fox Dr., in Vankleek, Ont. For more, see beaus.ca.

BEAU'S ALL NATURAL BREWING COMPANY PRESENTS...
OUR SIGNATURE FUNDRAISING EVENT TO SUPPORT... OPERATION COME HOME, JUST FOOD, VKH AGRICULTURAL SOCIETY
SEPTEMBER 28TH · 29TH · 30TH
VANKLEEK HILL FAIRGROUNDS · 92 MAIN STREET WEST, VANKLEEK HILL
FEATURING... LIVE MUSIC BY...
PLANTS & ANIMALS • ELLIOTT BROOD • HOLLERADO
WALTER OSTANEK · RON HAWKINS & THE DO-GOOD ASSASSINS
CHANGE OF HEART • CAROLYN MARK • THE FLAPS • TERRY GILLESPIE • AND MORE!
FOOD! BEER! FUN!
EVENTS & ACTIVITIES FOR THE WHOLE FAMILY!
BAVARIAN INSPIRED CUISINE BY TOP LOCAL RESTAURANTS!
9 TYPES OF BEAU'S BEER ON TAP! CASK DAYS: CASK BEER FEST!
LIVE OOMPAH MUSIC! TRADITIONAL BAVARIAN DANCE!
TICKETS ON SALE NOW AT WWW.BEAUS.CA
ADVANCED TICKETS $18 • BUS PACKAGES $33 • KIDS $5 • 3-DAY PASS $45
VANKLEEK HILL
Oktoberfest
2012
For all the latest info, visit...
WWW.BEAUS.CA/OKTOBERFEST

ASHTON BREWERY

GREAT BEER, PUB EXPERIENCES RUN IN FAMILY

What can you expect when the family that owns and operates the oldest Irish pub in Ottawa decides to buy the oldest British pub in the Ottawa Valley and turn it into a craft brewery pub with a little bit of advice from a local brewing legend? You can expect to be charmed every time.

The Hodgins family would be busy enough just running its three pubs, but owning and operating a brewery on top of that is a testament to the strength of the family.

Under the watchful eye of parents Arthur and Kerry everyone in the family rolls up their sleeves, with sons Quinn, MJ and Brendan doing everything from brewing to sales and promotion and even distribution. And with longtime family friend and former Hart Brewery owner Lorne Hart there for support and advice their hard work and dedication is paying off.

The Ashton Brewing Company has seven distinct ambrosial brews on the go — Amber Ale, Cream Ale, Harvest Brown, Session Ale, Hop'Stravaganza, the summer seasonal Blueberry Wheat and the welcome return of the Vanilla Stout coming on as a year-round brew in September. All are available at the family's well-established and popular pubs — Patty's and Quinn's in Old Ottawa South and at The Old Mill at Ashton Country Pub and Brewery.

Stop by for a pint of Ashton at the scenic Ashton Country Pub and Brewery.

DENISE WHERRY PHOTO

As well, the Ashton Brewing Company has seen an eclectic mix of some of the region's trendiest food and entertainment hot spots pouring its beers.

Find out what all the hype is about for yourself.

The Ashton Brewing Company is located at 113 Old Mill Rd., in Ashton, Ont. For more, see ashtonbrewpub.ca.

MAKE TIME FOR A PINT OF THE CLOCKTOWER'S FINEST

OTTAWA'S OLDEST BREW PUB CONTINUES TO PRODUCE TIMELESS CLASSICS

Brew pubs certainly seem to be all the rage these days, but the foundation for Ottawa's warm welcome can be traced back to The Clocktower.

Ottawa's longest operating brew pub (and brewer for that matter) has set the standard for all who follow. Since 1996, the fine folks at The Clocktower have been toiling away, creating wonderful, small batch craft beers and pairing them with a menu filled with progressive upscale pub fare while delivering it all with the kind of fast and friendly service that has made them a local legend.

By brewing an impressive selection of premium quality year-round favourites and complementing them with stellar seasonals, The Clocktower was ahead of the curve catering to locavores by proudly announcing "It's Fresh beer .. cuz it's brewed here."

Expansion has seen The Clocktower expand into some of Ottawa's trendiest neighbourhoods — New Edinburgh, The ByWard Market and Westboro, with the brewing still happening at the original brewhouse location on Bank Street in the Glebe.

Let's take a quick look at their beer line up.

The signature Kölsch is delicious and refreshing; the Raspberry Wheat beer has long been a patio favourite; Wishart's Extra Special Bitter is a fitting tribute to a British session favourite; Clocktower Red is a complex thirst-quenching Irish ale; there is the assertive classic India Pale Ale; the award-winning Bytown Brown Ale; the superb Belgian inspired Wit; and the brand new APA — August Pale Ale, which you can try at the festival.

I don't know about you, but I can always make time for a pint at The Clocktower.

For more, see clocktower.ca.

Ashton Brewing Company
Ashton Brewing Company ABC Ashton Village • Ottawa Valley
NOW ON TAP
Ashton Amber
Session Ale
Ashton Cream Ale
HopStravaganza IPA
Ashton Harvest Brown Ale
Vanilla Stout (Available in September)
(Take-Home Growlers Available at Ashton Brew Pub Only)
AVAILABLE AT THESE FINE ESTABLISHMENTS:
ASHTON BREW PUB
113 Old Mill Road, Ashton • 613-257-4423
ashtonbrewpub.ca
PATTY'S PUB
1186 Bank Street, Ottawa • 613-730-2434
www.pattyspub.ca
QUINN'S ALE HOUSE
1070 Bank Street, Ottawa • 613-523-2200
PLEASE DRINK RESPONSIBLY

CLOCKTOWER
CLOCK APA TOWER
BREW PUB
BREWED AT 575 BANK STREET OTTAWA CANADA
AUGUST
4.5% ABV
IBU 17
august pale ale
now on tap

HEART & CROWN IRISH PUBS

Heart & Crown Irish Pubs started from humble beginnings in 1992 as a small 50-seat restaurant with a 30-seat patio. The beer landscape was very different back then and people were used to drinking only a handful of brands.

Before the recent explosion of quality craft beers, the Heart & Crown had invested in a small brewing company in the hopes that a unique brew would give local beer drinkers something new and different. Unfortunately, things did not work out as planned and craft beers fell to the wayside.

Today, as beer drinkers palates evolve so does our selection of beers. The Heart & Crown is proud to serve a number of local craft beers — beers that will be showcased during this year's National Capital Craft Beer Week.

Celebrate local craft beers complemented by savoury pairings such as Ale and Onion Soup, Pulled Pork Poutine with Beau's "Festivale" Gravy, Sticky Ribs with Honey Mustard Beau's Glaze, and more.

National Capital Craft Beer Week runs from Aug. 10-18.

Heart & Crown's delicious craft beer features will be available at three locations — Heart & Crown ByWard Market, Heart & Crown Preston Street, and The Aulde Dubliner and Pour House.

DID YOU KNOW?

As Heart & Crown Irish Pubs celebrate its 20th year, it is with great pride that the pub announces the creation of its anniversary brew.

The 20th Anniversary Lager celebrates a blend of malted barley varieties to offer a pleasant amber colour and a smooth, malty taste.

Balancing the maltiness is a blend of North American and European hops. This great combination offers a visual banquet of colour and creamy head along with a taste that is both full and smooth, but crisp to the finish.

Heart & Crown's 20th Anniversary Lager was specially brewed in small batches for Heart & Crown Irish Pubs by Alexander Keith's.

National Capital Craft Beer Week
August 10th-18th
Craft is COOL!
Aulde Dubliner
Pour House
BYWARD MARKET
67 Clarence Street
62 William Street
PRESTON STREET
353 Preston Street
Enjoy a Beau's Lug Tread Lagered Ale
or a Beau's Seasonal "Festivale" on draught!
Both beers come served up with delicious
pairings to tantalize your taste buds!
BEAU'S
All Natural
Join us as Heart & Crown Irish Pubs celebrates local craft beers!

Jeremy Renner in The Bourne Legacy. SUBMITTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Bourne delivers on action, not on plot

Richard: Mark, why they didn't call this movie Bourne Again, I'll never know. Jason Bourne may not make an appearance, but it feels like a movie we've seen before — the same shaky camera and frenetic action. The only thing that's changed is that while there's a fair amount of CIA superspy gobbledygook, it's surprisingly light on plot. For a movie about the deepest, darkest workings of secret government agencies the story is really rather simple.

Mark: It's just another chase movie, although they try to disguise it with pseudoscientific bafflegab delivered at record speed. The blue pill? The green pill? Are we in the Matrix yet? That having been said, it's a very good chase movie for the first two-thirds, until it descends into very conventional car chases and the like. Superior acting lifts this movie above the run of the mill CIA stuff. Do you think Jeremy Renner was up to the task? Or should we lobby to bring back Matt Damon?

RC: I liked Renner, but I loved Damon in the role. I enjoyed Renner's performance in The Hurt Locker, but I wonder if he has the stuff to carry a movie on his own. He can run, jump and shoot with the best of them, but I was hoping for more charisma. When he's not in motion chasing after a bad guy or wrestling a wolf, I found him kind of flat. I was more on side with him in the beginning when he played Cross like a junkie who needed to score. After that he became a bland Bond wannabe.

MB: Copy that, Richard. But it was nice to see Ed Norton working again, and some of the small tense roles handled so well by the cast of well-chosen character actors. I liked the slow build of the first 30 minutes, I thought the editing and crosscutting was masterful, and the shootout set piece in the old house was so well done I felt I was right there in that house with the actors. But what's with bringing in the hit man at the end of the movie? How many times have we seen that cliché? Or the extended car chase — a non-thrilla in Manila? And don't even get me started on the ending!

RC: The last 30 seconds felt more like a door slamming shut than an ending.

MB: You know what they say: When a door slams shut, a window opens onto a sequel.

Synopsis

Dovetailing the story from The Bourne Ultimatum, the new film begins with Jason Bourne's appearance in Manhattan outing the CIA's Treadstone/Operation Outcome unit. Before a Senate committee can unearth info on the genetic experiments they conducted on their agents, head honcho Eric Byer (Edward Norton) orders all agents neutralized (assassinated). Among the targets is Aaron Cross (Jeremy Renner), a highly skilled operative who requires chemical enhancement to stay in peak killing form.

- Richard: ●●●○○
- Mark: ●●●○○

SCENE2

On the web

Sesame Street in search of new Latino character

NEED A RIDE?
Read metrodrive every Wednesday.

Drama

Virginia

Director. Dustin Lance Black

Stars. Jennifer Connelly, Ed Harris, Emma Roberts

The latest film from Dustin Lance Black (Milk, J. Edgar) has a little bit of everything: romance, revenge, religion, robberies. The list goes on. The film centres around Virginia, a mentally ill single mother who fakes a pregnancy to ensnare the married sheriff she's been sleeping with for decades (Harris). But there are too many subplots and minor characters that distract from Virginia's story. Despite this, the film is held together by a beautiful performance by Connelly in the title role. **REGAN REID**

Comedy

The Campaign

Director. Jay Roach

Stars. Will Ferrell, Zach Galifianakis

It may be political satire but there isn't a whole lot of effectual social commentary in The Campaign. Instead, Will Ferrell and Zach Galifianakis star as two moronic politicians who relentlessly compete for election votes through everything from sex tape campaign ads to inadvertently punching babies. The inconsistent but engrossing gags only drive any serious political points into the muck. **STEVE GOW**

Comedy

Hope Springs

Director. David Frankel

Stars. Meryl Streep, Tommy Lee Jones, Steve Carell

Streep's Kay, 30 years married and five years untouched, is optimistic that she can save her relationship, despite evidence to the contrary. Her husband Arnold (Jones) has mossed over emotionally and sexually, content to live a cold, separate life. He grudgingly acquiesces to therapy but deflects Dr. Feld's (Carell) advice. The film forgoes histrionics for emotional realism as only these pros can deliver. **ANNE BRODIE**

Quoted

"The masses, when it comes to seeing me in the film, are going to see this and go, 'Whoa!' Some of them are going to say, 'That's the McConaughey I like to see' and a lot of them are going to say, 'I can't believe he did that, I didn't know he would do that, could do that.'"

Matthew McConaughey on his new role as a crooked cop who moonlights as a contract killer in the film Killer Joe

THE CANADIAN PRESS

Billy Crystal. GETTY IMAGES

Many, many Sundays

Billy Crystal. Actor to author book on aging — and might turn it into a stage show

He has lived many, many Sundays. Turning 65 next year doesn't only mean more nap time for Billy Crystal. The actor and comedian is transforming the milestone into a book, and maybe even a stage show.

Crystal has an agreement with Henry Holt and Company for a book that will be part memoir, part meditation — with jokes — about getting older. Crystal said he hoped to have it out around the time the big day arrives, on March 14, 2013.

"There are 77 million of us baby boomers in the country and this book will speak to them and how we look at the world," he said.

He's considering adapting the book for the stage. Crystal had enormous success with the Tony Award-winning 700 Sundays, his one-man theatre show that paid tribute to his late father with whom Crystal has said he spent 700 Sundays. **THE ASSOCIATED PRESS**

"HILARIOUS AND HEARTFELT."
Peter Travers, Rolling Stone
"A SMART, ROMANTIC COMEDY FOR GROWN-UPS."
Joe Neumaier, DAILY NEWS
A new comedy from the director of "The Devil Wears Prada"
Meryl STREEP Tommy Lee JONES Steve CARELL
Hope Springs
SEXUAL CONTENT
Now Playing Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes
SONY make.believe

COLIN FARRELL KATE BECKINSALE JESSICA BIEL
TOTAL RECALL
IS IT REAL IS IT RECALL
GRAPHIC VIOLENCE, NUDITY, LANGUAGE MAY OFFEND
ORIGINAL FILM
WelcomeToRecall.ca
NOW PLAYING Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes
SONY make.believe

SAT. AUGUST 11, 2012

ARTS COURT STUDIO (2 DALY AVE.) DOORS AT 7PM

$75 (TICKETS AVAILABLE AT ARTS COURT BOX OFFICE - 613-564-7240)

JUMP & JIVE FOR FILM WITH IFCO!

MUSIC BY:
THE JIVEWIRES

GET YOUR SWING ON WITH:
SWING DYNAMITE

EVENING HOST
CBC'S ADRIAN HAREWOOD

AMAZING LIVE AUCTION PRIZE PACKAGES

GUESTS CAN WINE, DINE AND DANCE THE NIGHT AWAY!

Tickets now available for sale in limited quantities at the Arts Court Box Office; call (613-564-7240) to purchase, or visit the Arts Court, located at 2 Daly Ave. in the heart of downtown Ottawa.

IFCO'S INAUGURAL
DANCE-ERA FUNDRAISER

GROOVE GALA

FEATURING LIVE MUSIC BY THE JIVE WIRES, CATERING BY TRINI GYUL AND A LIVE AUCTION

2012

la cour des ARTS COURT
Le Centre-ville Downtown Rideau where culture lives
ONTARIO ARTS COUNCIL / CONSEIL DES ARTS DE L'ONTARIO
Ottawa
OTTAWA INTERNATIONAL ANIMATION FESTIVAL 2012
OZ Kafe
LORD ELGIN
Jerome photography Your World in Focus

Idol Jordin Sparks takes on acting fearlessly

Stars in Sparkle. Young singer begins movie career in musical with the late legendary diva Whitney Houston

NED EHRBAR
scene@metronews.ca

Before we can start the interview, something white and fluffy rushes by my leg. "That's Minnie, she's my dog," Jordin Sparks offers apologetically. "She got into a cup of coffee, so we want to watch her real quick for a little bit. She's kind of walking sideways slightly, but she'll be fine." That's just one more thing for Sparks to keep track of as the American Idol champ launches her first major foray into acting with Sparkle, the girl-group drama that had her going toe-to-toe with Whitney Houston.

What was your mind-frame going into the audition process as an actress for the first time?
Before I auditioned I was thinking, whoever gets this part it's going to be really special. I was reading it going, "This is great, this is really incredible." And then at the same time I was like, "Well, I haven't read very many scripts so how do I know the difference between something that's great and something that's not?" My mindset when I went in to audition was there's a very real chance that you couldn't get this part, but if you do, run with it. Just go, run with it, don't question it. But questions and doubt always creep in. Once I did get it, I was just like, OK, so they believe in me. They see something that I can't see yet, so obviously I'm here for a reason if all of them collectively thought I was good for the part. And I was just like, OK let's do this. I cannot be horrible if Whitney's playing my mom, so I better step it up somehow.

Jordin Sparks finds herself in high demand now. HANDOUT

I take it you've read more scripts now. Have you gotten any bad ones?
Um ... well, I mean I haven't read a ton of them. There are some that are kind of ... I got one for a slapstick horror movie, and I read that and I enjoyed it because I enjoy a kooky movie from time to time, but I was like, "Hmm ..."

That mindset of "I might not get it" is pretty mature and realistic. How do you get that balance?
If we're going to go way back, my dad played football. And I've always kind of compared everything to the sports world. Like there's always somebody who's going to be coming up who's more talented or faster or stronger or something like that. There's always going to be somebody who's waiting in the wings to take your place or sing right alongside you. So I always had that mindset because of my dad, and I applied that to Idol as well.

Anna Kendrick won role on her talent, not rep

Role in ParaNorman. Producers had no idea she was one of the stars of Twilight, just liked the way she sounded and acted

NED EHRBAR
scene@metronews.ca

Anna Kendrick assumed she got her part in ParaNorman — as the title character's obnoxious older sister — because of her work in the Twilight series. But that wasn't exactly the case. Luckily, the Oscar-nominated actress knows how to take even the most awkward of compliments.

When you're cast to do a voice for a character some could describe as annoying, how do you take that?
Well, it was funny because actually I had assumed this was the first job offer I'd ever gotten because of Twilight. Because everything else is sort of based on Rocket Science or Up in the Air — and now 50/50 and so on and so forth. This is such a different character that I thought this has to be based on my character in Twilight. I asked them about it, and they said they'd never seen Twilight and they just heard my voice in an interview and thought it would be good, and I was like, "I don't know how to take that at all. Thank you, I think?" You know, I was like playfully offended.

Anna Kendrick has done lots more than just Twilight. GETTY IMAGES

Did you make it up to the Laika studio in Oregon?
All my (voice recording) sessions were in L.A., but I did make a special trip up to Laika just to see the sets, and I saw them when they were being taken apart so I got to kind of walk around in them, and that was really special. So I did miss seeing something actually filmed, which was disappointing, but all the other actors were jealous that I got to walk through and take pictures, like, inside the set — as a 50-foot woman.

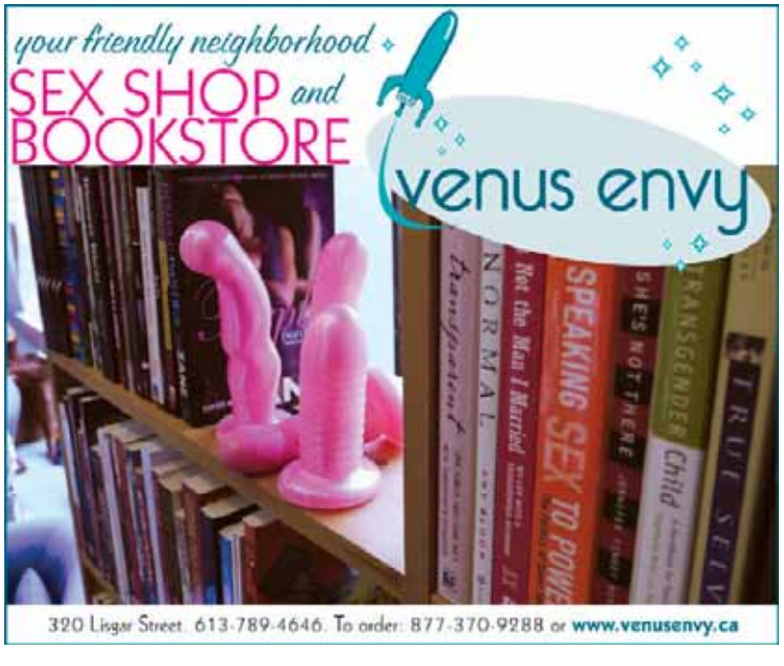
Did you take anything with you, like slip a tree in your pocket or something?
Oh, no. I considered it, but I thought I'd get in trouble. They gave me a mini bust of Courtney, which is hilarious because she's so silly, and to have this really stately bust of her on my bookshelf is great. She's got a lot of ... physicality to work with. It's like she's a force of nature in a moody, volatile, teenage way.

After starting in theatre, you made your move to film with the Camp almost 10 years ago.
That was a really special first experience to have, and I'm really glad that it worked out that way because I think if I'd been plopped into a normal film set, I think I would've been utterly bewildered and terrified. The fact that it was about musical theatre and we were all first-time film actors just made it a really easy environment to ask questions and understand the process of filmmaking, and I think it really made me embrace filmmaking and the physical limitations of filmmaking as a kind of challenge. And I've seen a lot of actors get really frustrated and angry when they realize they can't do what they thought they were going to do because, you know, you're going to be out of frame, dude. I've watched actors become instantly jaded by that, as though this isn't really art. But to me it just felt like it's just a new art form.

Laika Studios' ParaNorman is a stop-action animated comedy about a lonely little boy who just happens to be able to speak with the dead. HANDOUT

And you're singing again in Pitch Perfect this fall.
I never really know what to say about it. It's funny because I geeked out extra hard when we got there and we were learning all the music. I live for that s—. Once I got there, I was like, "This is the best thing ever!" I was like a pig in mud, just bathing in dorkiness.

Did you find any added pressure when looking for roles after your Oscar nomination?
It's interesting because I absolutely felt that way at first coming off of it. I felt as though I was trying to shape a hypothetical career and make all these kind of moves — like make the "right" moves. And that was just a really silly, stressful way to go about doing it. And once I started just choosing projects based on "Do I want to work with these people?" "Will it be fun to get up in the morning and do it for 12 hours straight" and "Am I excited about it?" it was like, that's exactly how I should be doing this. And I've been having a lot more fun doing that instead of fretting over is this the "right thing to do"? Is this part of the plan?


your friendly neighborhood
SEX SHOP and BOOKSTORE
venus envy
320 Lisgar Street. 613-789-4646. To order: 877-370-9288 or www.venusenvy.ca

foreverland
OPENING AT THE BYTOWNE CINEMA AUGUST 17TH
entertainmentone
YOU COULD WIN A
RUN OF ENGAGEMENT
PASS FOR TWO
TO SEE FOREVERLAND!
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetroottawa
VISIT clubmetro.com TO ENTER

Ottawa

Bytowne Cinema
325 Rideau St., 613-789-3456

Ai Weiwei: Never Sorry (14A) Fri 9:30 Sat 5:30 Sun 6:20 Mon 4:59 Tue 9:20
Big Boys Gone Bananas! (STC) Fri 4:59 Sun 8:25 Mon 7:05 Wed 4:50
Citizen Kane (STC) Thu 8:50
The Story of Film: An Odyssey, Part 8 (STC) Sat 1:30
Town of Runners (STC) Sat 7:35 Sun 1:59 Tue 4:59 Wed 9:20
Trishna (STC) Fri 6:59 Sat 2:59-9:25 Sun 3:50 Mon 9:05 Tue-Wed 6:50 Thu 4:30

Coliseum Ottawa
3090 Carling Ave., 613-596-9475

The Amazing Spider-Man 3D (PG) Fri-Thu 12:50-4:10-7:20-10:30
The Bourne Legacy (14A) Fri-Thu 1-4:05-7:10-10:15 Fri-Thu 1:30-4:35-7:40-10:45
Brave (PG) Fri-Sun 12:30-3-5:30 Mon 12:30-3 Tue 12:30-3-5:30
The Campaign (14A) Fri-Wed 1:35-3:50-6:05-8:20-10:35 Thu 3:50-6:05-8:20-10:35
Star & Strollers Screening, Thu 1
The Dark Knight Rises (PG) Fri-Thu 2:45-6:45-10:20
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 12:30-2:50-5:15-7:40-10
Ek Tha Tiger (STC) Wed-Thu 12:30-3:30-6:40-9:45
Hope Springs (14A) Fri-Thu 2-4:45-7:30-10
Ice Age: Continental Drift (PG) Fri-Thu 12:40
Ice Age: Continental Drift 3D (PG) Fri-Tue 2:55-5:20-7:45-10:10 Wed-Thu 2:55-10:10
The Odd Life of Timothy Green (G) Wed-Thu 1:40-4:15-7-9:35
Singin' in the Rain (STC) Wed 7
Ted (14A) Fri-Tue 12:35-3:05-5:35-8:10-10:50
Total Recall (14A) Fri-Thu 1:50-2:20-4:40-5:10-7:30-8-10:20-10:50
The Watch (14A) Fri-Sun 8:10-10:45 Mon 10:45 Tue 8:10-10:45

Empire 7 Cinemas
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

The Best Exotic Marigold Hotel (PG) Fri 3:25-6:30-9:05 Sat-Sun 12:25-3:25-6:30-9:05 Mon 3:25-6:30-9:05 Tue 12:25-3:25-6:30-9:05 Wed 3:25-6:30-9:05
The Bourne Legacy (14A) Fri 3:20-6:20-9:30 Sat-Sun 12:20-3:20-6:20-9:30 Mon 3:20-6:20-9:30 Tue 12:20-3:20-6:20-9:30 Wed-Thu 3:20-6:20-9:30
The Dark Knight Rises (PG) Fri 4-9 Sat-Sun 12:30-4-9 Mon 4-9 Tue 12:30-4-9 Wed-Thu 4-9
Hope Springs (14A) Fri 3:45-6:45-9:20 Sat-Sun 12:45-3:45-6:45-9:20 Mon 3:45-6:45-9:20 Tue 12:45-3:45-6:45-9:20 Wed-Thu 3:45-6:45-9:20
Ruby Sparks (14A) Fri 3:35-6:35-9:15 Sat-Sun 12:35-3:35-6:35-9:15 Mon 3:35-6:35-9:15 Tue 12:35-3:35-6:35-9:15 Wed-Thu 3:35-6:35-9:15
To Rome With Love (PG) Fri 3:40-6:40-9:25 Sat-Sun 12:50-3:40-6:40-9:25 Mon 3:40-6:40-9:25 Tue 12:50-3:40-6:40-9:25 Wed-Thu 3:40-6:40-9:25
Total Recall (14A) Fri 3:30-6:25-9:10 Sat-Sun 12:40-3:30-6:25-9:10 Mon 3:30-6:25-9:10 Tue 12:40-3:30-6:25-9:10 Wed-Thu 3:30-6:25-9:10

Mayfair Theatre
1074 Bank St., 613-730-3403, mayfair-movie.com

Cannibal Ferox (R) Fri 11:45 Sun 8:15
Derby Baby: A Story of Love, Addiction and Rink Rash (STC) Tue 9
The Room (STC) Sat 10:45
Seeking a Friend for the End of the World (14A) Fri 7 Sat-Sun 6 Mon 7
The Swarm (STC) Tue 6:30
Virginia (14A) Fri 9:15 Sat 8:15 Mon 9:15 Wed-Thu 9:15
We Have a Pope (PG) Wed-Thu 7

Mayfair Theatre Orleans
250 Centrum Blvd., 613 837-3456

The Amazing Spider-Man (PG) Fri-Thu 12:45-3:30-6:15
Beasts of the Southern Wild (PG) Fri-Thu 3:15-8:30
The Best Exotic Marigold Hotel (PG) Fri-Thu 3-6
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 1
Magic Mike (14A) Fri-Thu 8:45
Savages (18A) Fri-Thu 9
Your Sister's Sister (18A) Fri-Thu 1:15-6:30

Rainbow Cinemas St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Abraham Lincoln: Vampire Hunter (14A) Fri-Thu 9:20
Dr. Seuss' the Lorax (G) Fri-Thu 1:10-3:15-5:10
The Hunger Games (14A) Fri-Thu 10:30-7:30
Katy Perry: Part of Me (PG) Fri-Thu 5-9:10
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 10:40-12:40-2:50-7
Men in Black 3 (PG) Fri-Thu 2:20-7:10-9:25
The Pirates! Band of Misfits (PG) Fri-Thu 10:20-12:20-4:50
Prometheus (14A) Fri-Thu 10-12:50-6:30
Savages (18A) Fri-Thu 3:40-9
Snow White and the Huntsman (PG) Fri-Thu 10:10-1-4-6:50

Rideau Centre Cinemas
50 Rideau St., 613-234-3712

The Campaign (14A) Digital Fri-Sun 12:30-3:30-6:45-9 Digital Mon-Tue 3:30-6:45-9 Digital Wed-Thu 3:15-6:30-9
The Dark Knight Rises (PG) Digital Fri-Sun 12-4-7:30 Digital Mon-Tue 4-7:30
Diary of a Wimpy Kid: Dog Days (G) Digital Fri-Sun 12:15-3:45-6:15-8:45 Digital Mon-Thu 3:45-6:15-8:45
The Odd Life of Timothy Green (G) Digital Wed-Thu 3:30-6:45-9:10

South Keys
2214 Bank St., 613-736-1115

The Amazing Spider-Man (PG) Fri-Thu 12:40
The Amazing Spider-Man 3D (PG) Fri-Thu 4-7:15-10:10
The Bourne Legacy (14A) Fri-Thu 12:30-1-3:35-4:05-6:40-7:10-9:45-10:15
Brave (PG) Fri-Thu 12:05-2:30-4:55-7:25-9:50
The Campaign (14A) Fri-Thu 1:05-3:20-5:35-7:50-10:05
The Dark Knight Rises (PG) Fri-Thu 2:05-5:45-9:20 Fri-Thu 1:10-4:45-8:20
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 11:50-2:20-4:40-7:05-9:35
Hope Springs (14A) Fri-Thu 11:30-1:50-4:15-7-9:30
Ice Age: Continental Drift (PG) Fri-Thu 12:20-2:50
Ice Age: Continental Drift 3D (PG) Fri-Thu 5:05-7:20-9:40
The Odd Life of Timothy Green (G) Wed-Thu 11:20-1:45-4:10-6:45-9:05
Over the Hedge (PG) Sat 11
Ted (14A) Fri-Tue 12:10-2:45-7:45
Total Recall (14A) Fri-Thu 11:40-2:15-5-7:40-10:25
The Watch (14A) Fri-Tue 5:20-10:30

Gatineau

Canadian Museum of civilization
100 rue Laurier, 819-776-7010

Arctique 3D (STC) Fri-Sat 12:55-4 Sun 9:45-12:55-4 Mon 12:55-4 Tue 4-6 Wed 12:55-4 Thu 10:45-12:55-4
The Dark Knight Rises: The IMAX Experience (G) Fri 10 Sat 7-10 Sun 7 Mon 7-10 Tue 10 Wed 7 Thu 7-10
L'Ascension du chevalier noir: L'Experience IMAX (G) Fri 7 Sun 10 Tue 7 Wed 10
Moi, Van Gogh (STC) Fri 6 Sat 9:45 Sun-Mon 6 Tue 10:45 Wed 6
To the Arctic 3D (STC) Fri 11:50-2-3-5 Sat 10:45-2-3-5 Sun 11:50-2-5 Mon 11:50-2-3-5 Tue 11:50-12:55-2-5 Wed 10:45-11:50-2-5 Thu 11:50-2-5
Van Gogh: Brush With Genius (STC) Fri 10:45 Sat 11:50-6 Sun 10:45-3 Mon 10:45 Tue-Wed 3 Thu 3-6

Cinéma des Galeries d'Aylmer
400 boul. Wilfrid-Lavigne, 819-248-2526

The Bourne Legacy (13+) Fri-Thu 12:40-3:30-6:40-9:30
The Campaign (STC) Fri-Thu 1:10-3:10-7:10-9:10
The Dark Knight Rises (G) Fri-Thu 7
Ice Age: Continental Drift (G) Fri-Thu 1
Fri-Thu 3
Total Recall (13+) Fri-Thu 12:50-3:20-6:50-9:20

Ciné-starz
1100 boul. Maloney Ouest, 819-568-8000

Dr. Seuss Le Lorax (G) Fri-Thu 12-1:35-5:40
Les Hommes en noir 3 (G) Fri-Thu 12-1:55-3:50-7:55-9:45
Madagascar 3 - Bons baisers d'Europe (G) Fri-Thu 12-1:40-3:20-5-6:45
Magic Mike (13+) Fri-Thu 5:40-7:35-9:45
Marvel Les Avengers: Le film (STC) Fri-Thu 1:35-3:10-7:15-8:25
Les Pirates Bande de Nuls (G) Fri-Thu 12-4:05
Sauvages (13+) Fri-Thu 5:40-9:30

Gatineau 9
120 boul. de l'Hôpital, 819-568-6070

La Campagne (STC) Fri-Thu 12:20-3-6:40-8:45
Dansez dans les rues 4 3D (G) Fri-Thu 1:20-4-7:15-9:35
L'espoir est à Hope Springs (STC) Fri-Thu 12:50-3:10-7-9:15
L'ère de glace: La dérive des continents 3D (G) Fri-Thu 1-3:15-7:05-9:10
Liverpool (G) Fri-Thu 2:45-6:20-9
Omertà (13+) Fri-Thu 1:15-3:50-7:20-9:45
La Peur dans la peau: l'héritage de Bourne (13+) Fri-Thu 12:30-3:20-6:30-9:25
Total Recall: Mémoires programmées (13+) Fri-Thu 12:40-3:45-6:50-9:30
Zarafa (STC) Fri-Thu 12:10

StarCité Hull
115 boul. du Plateau, 819-770-1090

The Amazing Spider-Man (G) Fri-Tue 7:20-10:30
The Bourne Legacy (13+) Fri-Sun 1:35-4:35-7:40-10:45 Mon 1:30-4:30-7:30-10:30 Tue 1:35-4:35-7:40-10:45 Wed-Thu 1:30-4:30-7:30-10:30
The Campaign (STC) Fri 1:30-3:50-6:05-8:20-10:35 Sat 11:30-1:30-3:50-6:05-8:20-10:35 Sun 1:30-3:50-6:05-8:20-10:35 Mon 1:30-3:40-5:50-8-10:10 Tue 1:30-3:50-6:05-8:20-10:35 Wed 1:30-3:40-5:50-8-10:10 Thu 3:40-5:50-8-10:10 Star & Strollers Screening, Thu 1:30
Dansez dans les rues 4 3D (G) Fri 1:40-4:25-7-9:25 Sat 11:20-1:40-4:25-7-9:25 Sun-Thu 1:40-4:25-7-9:25
The Dark Knight Rises (G) Fri 3:10-6:45-10:20 Sat 11:20-3:10-6:45-10:20 Sun-Thu 3:10-6:45-10:20
Diary of a Wimpy Kid: Dog Days (G) Fri-Sun 12:40-3-5:15-7:35-9:50 Mon 3-5:15-7:35-9:50 Tue 12:40-3-5:15-7:35-9:50 Wed-Thu 3-5:15-7:35-9:50
Hope Springs (STC) Fri 2-4:45-7:30-10 Sat 11:15-2-4:45-7:30-10 Sun-Thu 2-4:45-7:30-10
Ice Age: Continental Drift (G) Fri-Sun 12:20-2:40-5 Mon 2:40-5 Tue 12:20-2:40-5
L'Ascension du chevalier noir (G) Fri-Thu 2:10-5:45-9:20
L'ère de glace: La dérive des continents (G) Fri-Thu 12:55
L'ère de glace: La dérive des continents 3D (G) Fri-Thu 3:15-5:35-8:05
Nos voisins les hommes (G) Sat 11
The Odd Life of Timothy Green (G) Wed-Thu 1:40-4:15-7-9:35
Omertà (13+) Fri 1:50-4:30-7:15-10:05 Sat 11:25-1:50-4:30-7:15-10:05 Sun-Wed 1:50-4:30-7:15-10:05 Thu 1:50-4:30-10:05
Over the Hedge (G) Sat 11
La Peur dans la peau: l'héritage de Bourne (13+) Fri-Wed 1-4:05-7:10-10:15 Thu 4:05-7:10-10:15 Thu 1
Step Up Revolution 3D (G) Fri 2:40-5:05-7:30-9:55 Sat 11:05-2:40-5:05-7:30-9:55 Sun-Thu 2:40-5:05-7:30-9:55
Sur la piste du Marsupilami (G) Fri 1:45-4:20-7:05-9:45 Sat 11:15-1:45-4:20-7:05-9:45 Sun-Thu 1:45-4:20-7:05-9:45
Ted (13+) Fri-Sun 12:30-3:05-5:40-8:15-10:40 Mon 3:05-5:30-7:55-10:20 Tue 12:30-3:05-5:40-8:15-10:40 Wed-Thu 3:05-5:30-7:55-10:20
Total Recall (13+) Fri 2:20-5:10-8-10:45 Sat 11:10-2:20-5:10-8-10:45 Sun 2:20-5:10-8-10:45 Mon 1:55-4:40-7:25-10:10 Tue 2:20-5:10-8-10:45 Wed-Thu 1:05-3:50-7:25-10:10
Total Recall: Mémoires programmées (13+) Fri 1:55-4:40-7:25-10:10 Sat 11:25-1:55-4:40-7:25-10:10 Sun 1:55-4:40-7:25-10:10 Mon 1:25-4:10-6:55-9:40 Tue 1:55-4:40-7:25-10:10 Wed-Thu 1:25-4:10-6:55-9:40
The Watch (13+) Fri-Thu 10:25

Barrhaven

Barrhaven Cinemas
131 Riocan Dr., 613-825-2463

The Bourne Legacy (14A) Fri-Wed 1-4:05-7:10-10:15 Thu 4:05-7:10-10:15
Star & Strollers Screening, Thu 1
The Campaign (14A) Fri-Thu 1:05-3:20-5:35-7:50-10:05
The Dark Knight Rises (PG) Fri-Thu 2:45-6:20-9:55
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 1-3:15-5:30-7:45-10
Hope Springs (14A) Fri-Thu 1:30-4:15-7-9:30
Ice Age: Continental Drift (PG) Fri-Thu 1:40
Ice Age: Continental Drift 3D (PG) Fri-Thu 4:20-7
Total Recall (14A) Fri-Thu 1:50-4:40-7:30-10:20
The Watch (14A) Fri-Thu 9:40

Gloucester

SilverCity
2385 City Park Dr., 613-688-8800

The Amazing Spider-Man (PG) Fri 1:10 Sat 10:15-1:10 Sun-Thu 1:10
The Amazing Spider-Man 3D (PG) Fri-Tue 4:50-7:55-10:40 Wed 4:50-10:40 Thu 4:50-7:55-10:40
The Bourne Legacy (14A) Fri 1:30-4:35-7:40-10:45 Sat 10:30-1:30-4:35-7:40-10:45 Sun-Thu 1:30-4:35-7:40-10:45 Fri-Thu 1-4:05-7:10-10:15
Brave (PG) Fri 12:40 Sat 10:10-12:40 Sun-Thu 12:40
Brave 3D (PG) Fri-Sun 3-5:30-7:50-10:10 Mon 3-10:35 Tue-Thu 3-5:30-7:50-10:10
The Campaign (14A) Fri 1:35-3:50-6:05-8:20-10:35 Sat 11:10-1:35-3:50-6:05-8:20-10:35 Sun-Thu 1:35-3:50-6:05-8:20-10:35
The Dark Knight Rises (PG) Fri 1:15-4:40-8:30 Sat 10:40-1:15-4:40-8:30 Sun-Thu 1:15-4:40-8:30
The Dark Knight Rises: The IMAX Experience (PG) Fri-Thu 12:30-3:50-7:20-10:45
Diary of a Wimpy Kid: Dog Days (G) Fri 12:30-2:50-5:20-7:35-9:55 Sat 10-12:30-2:50-5:20-7:35-9:55 Sun-Thu 12:30-2:50-5:20-7:35-9:55
Hope Springs (14A) Fri 2-4:45-7:05-9:40 Sat 11:20-2-4:45-7:05-9:40 Sun-Tue 2-4:45-7:05-9:40 Wed 4:45-7:05-9:40 Thu 2-4:45-7:05-9:40 Star & Strollers Screening, Wed 1
Ice Age: Continental Drift (PG) Fri 1:25-4:15 Sat 10:50-1:25-4:15 Sun-Tue 1:25-4:15
Ice Age: Continental Drift 3D (PG) Fri-Thu 12:35-2:55-5:25-7:45-10:25
Magic Mike (14A) Fri-Tue 7:25-9:50
The Odd Life of Timothy Green (G) Wed-Thu 1:40-4:15-7-9:35
Over the Hedge (PG) Sat 11
Singin' in the Rain (STC) Wed 7
Step Up Revolution 3D (PG) Fri-Tue 12:45-3:10-5:35-8:05-10:30 Wed 12:45-3:10-10:30 Thu 12:45-3:10-5:35-8:05-10:30
Ted (14A) Fri 12:35-3:15-5:50-8:15-10:40 Sat 10:05-12:35-3:15-5:50-8:15-10:40 Sun-Thu 12:35-3:15-5:50-8:15-10:40
Total Recall (14A) Fri 1:20-2:20-4:10-5:10-7-8-10:05-10:50 Sat 10:25-1:20-2:20-4:10-5:10-7-8-10:05-10:50 Sun-Tue 1:20-2:20-4:10-5:10-7-8-10:05-10:50 Wed 1:20-2:20-4:10-7-8-10:05-10:50 Thu 1:20-2:20-4:10-5:10-7-8-10:05-10:50
The Watch (14A) Fri 12:50-3:20-5:45-8:25-10:50 Sat 10:20-12:50-3:20-5:45-8:25-10:50 Sun-Tue 12:50-3:20-5:45-8:25-10:50 Wed 12:50-3:20-10:50 Thu 12:50-3:20-5:45-8:25-10:50

Orleans

Empire Theatres Orleans 6 Cinemas
3752 Innes Rd., 613-830-4400

The Bourne Legacy (14A) Digital, , Fri-Sun 12:30-3:45-6:50-10 Digital, , Mon 3:45-6:50-10 Digital, , Tue 12:30-3:45-6:50-10 Digital, , Wed-Thu 3:45-6:50-10 Digital, , Fri-Sun 1:10-4:30-8 Digital, , Mon 4:30-8 Digital, , Tue 1:10-4:30-8 Digital, , Wed-Thu 4:30-8
The Campaign (14A) Digital, Fri-Sun 1:20-4-7:20-9:45 Digital, Mon 4-7:20-9:45 Digital, Tue 1:20-4-7:20-9:45 Digital, Wed-Thu 4-7:20-9:45
The Dark Knight Rises (PG) Digital, Fri-Sun 12:40-2-4:20-7-9 Digital, Mon 3:30-4:20-7-9 Digital, Tue 12:40-2-4:20-7-9 Digital, Wed-Thu 3:30-4:20-7-9
Diary of a Wimpy Kid: Dog Days (G) Digital, Fri-Sun 12:35-3:40-6:15-8:45 Digital, Mon 3:40-6:15-8:45 Digital, Tue 12:35-3:40-6:15-8:45 Digital, Wed-Thu 3:40-6:15-8:45
Hope Springs (14A) Digital, Fri-Sun 12:50-3:50-6:30-9:10 Digital, Mon 3:50-6:30-9:10 Digital, Tue 12:50-3:50-6:30-9:10 Digital, Wed-Thu 3:50-6:30-9:10
Ice Age: Continental Drift (PG) Digital, Fri-Sun 12:45-3:30 Digital, Mon 3:30 Digital, Tue 12:45-3:30 Digital, Wed-Thu 3:30
The Odd Life of Timothy Green (G) Digital, Wed-Thu 4:10-6:45-9:40
Step Up Revolution (PG) Digital, Fri-Sun 1:30-4:30 Digital, Mon 4:30 Digital, Tue 1:30-4:30
Ted (14A) Digital, Fri-Tue 6:20-9:20
Total Recall (14A) Digital, , Fri-Sun 1-4:15-7:10-10:05 Digital, Mon 4:15-7:10-10:05 Digital, Tue 1-4:15-7:10-10:05 Digital, Wed-Thu 4:15-7:10-10:05
The Watch (14A) Digital, Fri-Thu 6:40-9:30

Lundgren lured back to Expendables cast because his role is 'fun' to play

Character written specifically for him.
Veteran action star sees a lot of himself and his own past in his expanded role

NED EHRBAR
scene@metronews.ca

Sylvester Stallone (centre) managed to overcome initial reluctance by Dolph Lundgren (far right) to be in The Expendables 2 by customizing his role. HANDOUT

It's no secret that '80s action film star Dolph Lundgren also has a degree in chemical engineering and gave up a Fullbright scholarship to MIT to become a bodyguard for Grace Jones and eventually an actor. By complete coincidence, in The Expendables 2 we learn that his mercenary character, Gunnar, gave up studying chemical engineering at MIT to become a bouncer at a club and shack up with an exotic girlfriend. How convenient.

Whose idea was it to make your character's backstory your own backstory?

That was (Sylvester) Stallone. I had reservations about the original script on the second (movie). My character had been so fun to play in the first one. That was the reason I did the movie, and it felt like everyone seemed happy with it. Then in the second one, my character was just like a regular guy in the back with the rest of them, like, "Hey, can I throw a grenade? Can I kill someone, please?" And I didn't like that. I didn't want to make the picture — actually, I did turn it down. So then Stallone kind of came to me and said, "I'm going to think of something," and he came up with a couple of ideas. This was one.

Did you have a say in exactly how much his story matches yours?

It was all in there. I was a bouncer, and it had to do with Grace (Jones) — he fell in love with some girl who dances at a disco, which is kind of like Grace and the whole thing, right? Look, Sly made a career out of making his whole life into movies and it worked for him, so I did a little bit for me, I guess, and I guess it worked pretty well.

Was it common for you guys to slip in Stallone impressions on set when he wasn't around?

Yeah, and the Arnold (Schwarzenegger) one, too. "I'll be back" (laughs). I was at Comic-Con with them, and you're sitting at the panel with Arnold and Stallone, and you just don't say a word because what are you going to do? These guys are so famous that they're like almost beyond famous. Anybody can do their voice, everybody knows them in the whole world — in the fricking jungles of Malaysia, even.

When you're bringing in all these new characters, beefing up the cast, is there a worry that you're going to get crowded it out?

Yes, I think it weighs on you incredibly. Part of the filmmakers' and the writers' task is how do you give 10 co-stars enough screen time for them not to get upset or feel like they're getting lost — or for the audience to get their dose of Chuck (Norris) or whoever they want to see, Dolph Lundgren or Terry Crews or Stallone — well, Stallone gets a lot of screen time (laughs).

How have things changed for you since the first Expendables?

Well, it's changed in many ways. It's strange, because I think back on my life, and you have certain years you remember, like when I moved from Sweden to Australia. I remember when Rocky 4 came out, that was a big year. Then I had the year I got married. And then in 2010, Expendables came out, I got divorced, I moved back to L.A., I met my current girlfriend, I did this Eurovision Song Contest thing in Sweden where the Swedes instead of thinking I was this idiot who went to America and became famous and hates Sweden and basically was something to make fun of, they started accepting me and treating me well. So Expendables was part of that mix. Somehow it all happened around the same time.

Time to heal

Grieving Stallone stays home

The cast of The Expendables 2 say they're giving Sylvester Stallone space after the death of his son last month.

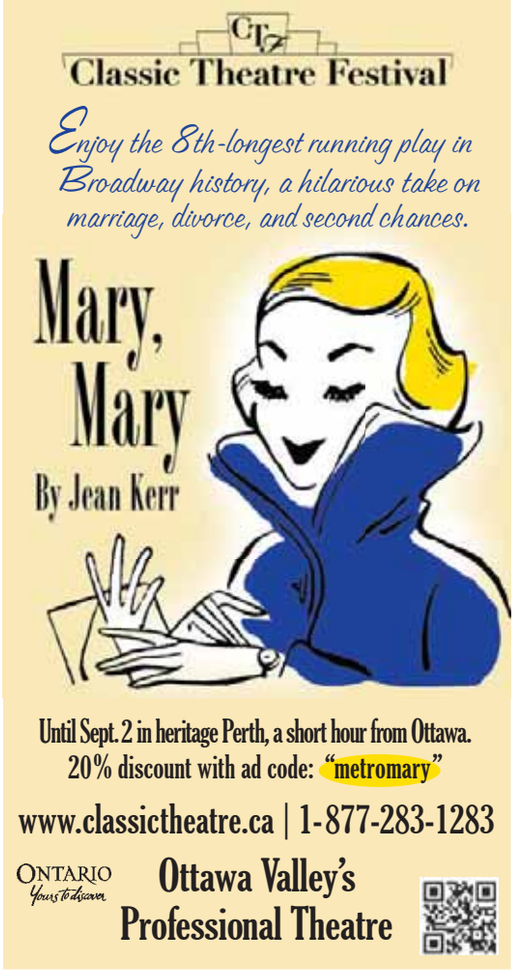
Stallone's 36-year-old son Sage died on July 13 in his Los Angeles home — a day after Stallone was joined by Arnold Schwarzenegger and other Expendables stars at Comic-Con in San Diego.

"Something like that is so severe. You can't really do anything. I sent him a handwritten note. I contributed to a charity for his kid," said Dolph Lundgren, one of the stars of the film, which opens Aug. 17.

"He knows we're thinking about him," Lundgren said at a recent media event for the film. "He knows us. He knows our prayers go out to him. But what are you going to do? I have two kids. And all you can do is hug your kids and go thank God it didn't happen to you."

Stallone has not made any public appearances since the death. His publicist said in a statement that the star was "devastated and grief-stricken."

THE ASSOCIATED PRESS


Classic Theatre Festival
Enjoy the 8th-longest running play in Broadway history, a hilarious take on marriage, divorce, and second chances.
Mary, Mary
By Jean Kerr
Until Sept. 2 in heritage Perth, a short hour from Ottawa.
20% discount with ad code: "metromary"
www.classictheatre.ca | 1-877-283-1283
ONTARIO Yours to discover
Ottawa Valley's Professional Theatre

Three must-listen-to songs

Release dates for major fourth-quarter albums are on the horizon. We're already getting a taste of few of them.

SOUND CHECK
Alan Cross
scene@metronews.ca

Survival/ Muse

First single from their sixth studio album, The 2nd Law, which will be in stores Sept. 17. youtu.be/66molzUEkWI

Settle Down/ No Doubt

First single from Push and Shove, due Sept 25.

The last time they released a full album (2001), there was no such thing as YouTube, Facebook, Twitter or Wikipedia. And the iPod was just six weeks old. youtube/Pb_zZ3xItPI

Oh, Love/ Green Day

The first single from the first of three (!!!) albums from Green Day that will come out between Sept 25 and Jan. 15. youtu.be/H_05XAPR8q8

Deadmau5 will release a new album on Sept. 25. HANDOUT

Album title goes here

Deadmau5. New disc has a strange title and comes on the heels of artist's musing about taking a break

Just a few days after declaring he needed to "slam on the breaks" because he was feeling "pretty miserable," Deadmau5 has announced a new album.

The 31-year-old electronic music producer from Niagara Falls, Ont., will release Album Title Goes Here on Sept. 25.

Following his collaboration with the Foo Fighters at the Grammy Awards this year, the 13-track collection finds Deadmau5 — whose real name is Joel Zimmerman — dipping his toes into rock once again, with My Chemical Romance frontman Gerard Way singing on lead single Professional Griefers

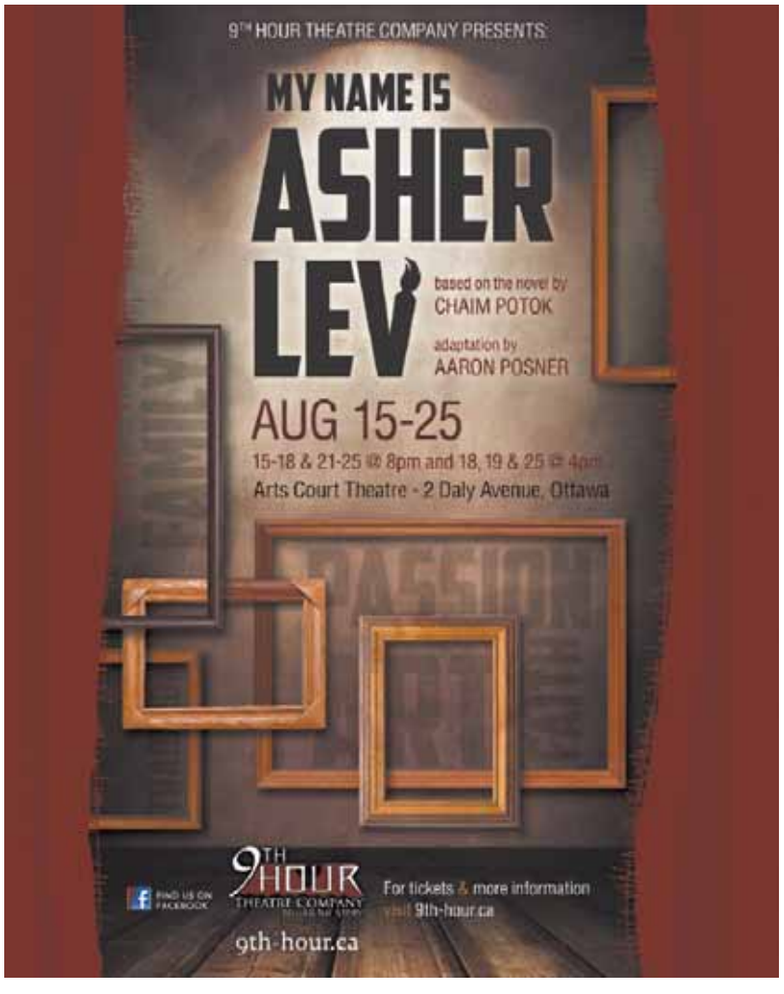
Many of the songs have been available online already as rough edits and can be found easily.

THE CANADIAN PRESS

Headlines

Zimmerman nabbed headlines this weekend when he said he needed a break

- **Getting paid.** Zimmerman, who recently ranked sixth on Forbes' list of the world's highest-paid DJs with earnings of $11.5 million, did acknowledge even then that he'd have something new for fans soon.


9TH HOUR THEATRE COMPANY PRESENTS
MY NAME IS
ASHER LEV
based on the novel by CHAIM POTOK
adaptation by AARON POSNER
AUG 15-25
15-18 & 21-25 @ 8pm and 18, 19 & 25 @ 4pm
Arts Court Theatre - 2 Daly Avenue, Ottawa
9TH HOUR THEATRE COMPANY
For tickets & more information visit 9th-hour.ca
9th-hour.ca

Winning?

Canadians finally get a taste of Sheen's Anger

The Olympics are all about dedication and discipline, and what says dedication and discipline like Charlie Sheen?

OK, so Sunday likely marks the last time the manic actor will be associated with the Olympics, as his heavily promoted new series Anger Management makes its Canadian premiere immediately following the London Games' closing.

Loosely inspired by the Jack Nicholson movie with the same title, the show also features Selma Blair and Brett Butler in recurring roles. CTV

Charlie Sheen stars in the new show Anger Management. HANDOUT

Punk on Punk'd

Bieber's Punk'd episode gets a second run

Canadian teen-pop sensation Justin Bieber is known as quite the little prankster, but you don't need to take my word for it.

On Saturday, MTV Canada is re-airing the episode of Punk'd hosted by the Stratford, Ont., native. Among Bieber's escapades, he tricks Taylor Swift into thinking she ruined a couple's wedding by setting a boat on fire.

And he double-crosses Miley Cyrus, who believes she's punking Bieber when it's actually the other way around. MTV

Don't Panic

See Stewart before Twilight

Brooding Twilight star Kristen Stewart has been in the news for the wrong reasons lately, after her affair with a married director made worldwide headlines.

But loyal fans of the 22-year-old can revisit a simpler time in her life on Friday with the David Fincher thriller Panic Room, in which a pre-teen Stewart starred alongside Jodie Foster as a mother-daughter duo imprisoned in their own house by three criminals. W NETWORK

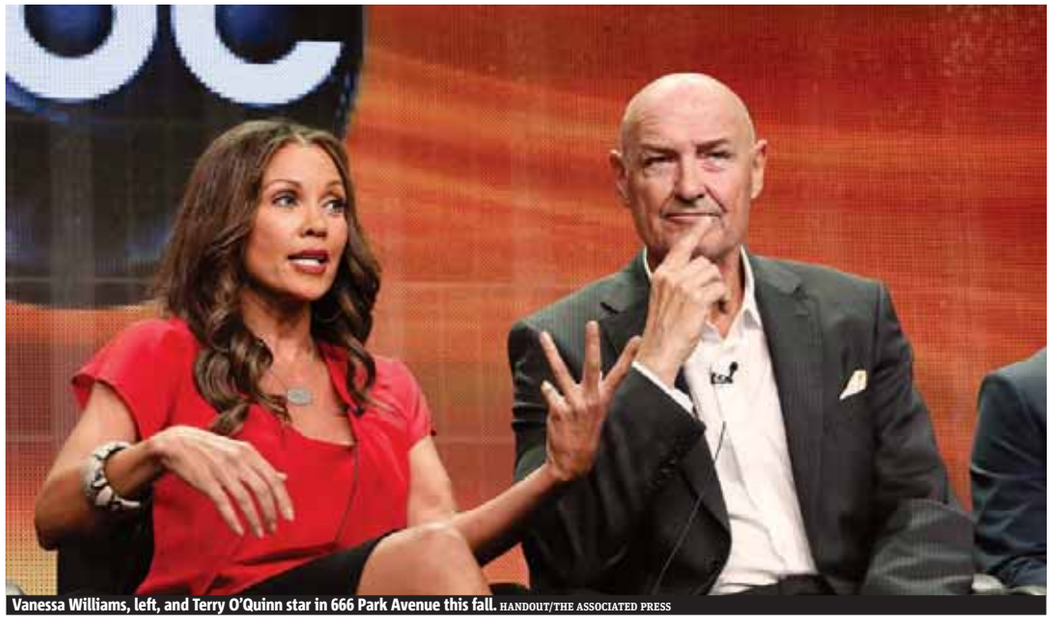
Movies

Showcasing dark comedy and Action slick flicks

Fans of offbeat cinema might enjoy the 2009 Canadian flick Defendor, airing on Showcase on Saturday.

Shot in Hamilton, the dark comic thriller casts Woody Harrelson as a regular guy who believes he's a superhero.

With supporting turns from Kat Dennings and Ottawa's Sandra Oh, the film takes some unexpected twists and tends to be grittier than your average superhero fare. For fans of slicker action flicks, a Die Hard marathon is airing on Action.



Vanessa Williams, left, and Terry O'Quinn star in 666 Park Avenue this fall. HANDOUT/THE ASSOCIATED PRESS

New shows, stars wait for other shoe to drop

Fresh fall lineup. Casts and execs hold their breath as the new season approaches and the axe hangs over everyone's head

It's the moment before the moment of truth.

The new fall series are in the wings, just days or weeks from bursting into view and discovering their fate. Their stars, producers and network bosses are full of anticipation and resolve.

That's what the recent Television Critics Association powwow was all about: Casts and execs parading before the nation's TV reporters to get them stoked.

Granted, many of the stars who hawked their show with such conviction were relying on blind faith. Most were still a few days from resuming production. Some hadn't even seen any upcoming scripts. Their only firsthand knowledge was based on the series pilot they shot months ago.

The painful truth is, the shows the stars came plugging at TCA will most likely be gone a year from now, when some of the same actors could be right back here promoting their next series — those actors, that is, who are lucky enough to land another series so quickly.

Consider Laura Benanti from the upcoming NBC comedy Go On, who a year earlier sat here on the dais in the Beverly Hilton Hotel's grand ballroom as part of the ensemble of NBC's The Playboy Club — which was axed last fall after airing just three weeks. Alongside her was Go On co-star Matthew Perry, who last season was at TCA plugging his ABC sitcom Mr. Sunshine.

Terry O'Quinn, who scored belated TV stardom on Lost, is now headlining as a devilish landlord on ABC's spooky thriller 666 Park Avenue, and he takes nothing for granted.

"I feel very uncertain, not terribly well-balanced," he said with a wan smile, "and having done this for a living for this long, that's a fairly normal state. I hope the show succeeds, but I've become pretty philosophical about the numerous failures that one suffers in this business."

THE ASSOCIATED PRESS

Painful truths

Other actors have different coping techniques for dealing with some of the painful truths.

- **Good news to equation.** Mindy Kaling, fresh from The Office, is the creator-writer-star of the Fox comedy The Mindy Project, which suggests she might be feeling extra waves of pressure. But there's good news, she said, for a multi-hyphenate. "When you're starring in a show you're also writing, you don't have extra time to do the neurotic things I would normally do, like obsess."

Prepare for your future

Management Development Program for Women

Professional part-time program. Bursaries available.

For more information, please call 613-520-2650.

www.sprott.carleton.ca/mdpw/

Carleton UNIVERSITY | Centre for Research and Education on Women and Work

SPROTT SCHOOL OF BUSINESS

Jay-Z and Beyoncé

Jay-Z, Beyoncé top power couple financial list

Forbes magazine has yet another list for measuring celebrity wealth, and this time it's the Highest Paid Celebrity Couples.

Topping the list are Beyoncé and Jay-Z, with an estimated combined income last year of $80 million.

Tom Brady and Gisele Bundchen, who topped the list last year, come in at No. 2 with $42 million, while David and Victoria Beckham sit at No. 3 with $54 million.

Brad Pitt and Angelina Jolie, who hold the fourth spot, earned $45 million last year.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A delayed X Files romance?

THE WORD
Monica Weymouth
scene@metronews.ca

Earlier this week, Gillian Anderson parted ways with her longtime boyfriend and father of her two sons, Mark Griffiths.

She's not exactly a to-death-do-we-part type of girl — she's previously married and divorced twice — but rumors are swirling that there are special circumstances to this split.

According to gossip blog Celebrity Dirty Laundry, the actress is dating her former X Files costar, the recently officially single David Duchovny.

Sources tell the site they "have been in a serious relationship for some time now," and that Anderson and her children have already moved in with Duchovny in Los Angeles.

Before you X Files fans get too excited, a word from Duchovny's rep: "It is not true," he says in a terse statement.

The thing is, we should probably believe him. But on behalf of all the Scully and Mulder goldfish couples out there, we're not giving up hope just yet.

Pattinson opens line of communication — in the form of a drunk-dial

Robert Pattinson has reportedly started reaching out to estranged girlfriend Kristen Stewart — but not in the healthiest of ways.

"He's been drinking like crazy," a source tells In Touch magazine. "He's been drunk-dialing Kristen." Pattinson had reportedly been giving Stewart the silent treatment in the wake of revelations of her infidelity, but apparently now he's looking to talk — sort of.

"Rob had been avoiding her calls, but now they're talking — well, they're barely talking," the source says. "There's a lot of dead silence on the phone because there's not a lot to talk about."

Twitter

@AnnaKendrick47
Every Olympics some poor reporter has to take a "gymnastics lesson." How drunk do you think they get just to face going into work that day?

@CarrieFFisher
Please let's move to a brighter and funnier future with Dumb and Dumber TWO!!

@mradamscott
Of all Olympic events, the balance beam seems super easy.

@SethMacFarlane
So, we're all still totally fired up about that Kony thing, right?

CANADA'S LARGEST STORE
FREE SHIPPING
THOUSANDS OF BRANDS & GROWING DAILY!
SIGN-UP AT CANADA'S BIGGEST STORE AND GET
$10 REWARDS CASH
TO SPEND RIGHT NOW ON THE BACK TO SCHOOL BRANDS YOU LOVE
plus FREE SHIPPING! SOME CONDITIONS APPLY
SHOP • CA™
SHOP & EARN, EVERY TIME!™
Got great products to sell? Contact supplier@shop.ca | SHOP.CA Sign-UP required to claim $10 Reward and can only be used at WWW.SHOP.CA

This recipe serves four. SHAPE.COM

Give them a delicious reason to say 'Opa!'

Pan-Sautéed Salmon Over Mediterranean Vegetables. This healthy recipe is inspired by some popular Greek flavours

The ancient Greek physician Hippocrates stated, "Let thy food be thy medicine and thy medicine be thy food".

Hippocrates, the father of modern medicine, used spices and herbs from the Greek countryside for his medical healing.

Greeks have been cooking on the open grill for thousands of years. They are famous for both their grilled vegetables and their grilled fish. Grilling is also one of the healthiest ways of cooking food.

Main ingredients of Greek cuisine are olive oil, vegetables and herbs, grains and bread, wine, fish, and various meats. Also important are olives, feta cheese, eggplant, courgette (zucchini), and yogurt. Greek desserts are characterized by nuts and honey.

This heart-healthy Mediterranean recipe helps you get your vegetables in, along with providing a nice amount of fibre and omega-3s.

1. Heat 1/2 teaspoon of oil in a small non-stick skillet over low heat. Add prosciutto. Sauté for 5 minutes, or until crispy. Stir in garlic; turn off heat.

2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and mushrooms and sauté for 8-10 minutes, or until golden. Stir in tomatoes and cook for 3 minutes. Add spinach and basil and cook for 3 more minutes. Stir in prosciutto-garlic mixture. Cover; keep warm. Season salmon fillets with salt and pepper.

3. Heat remaining 1/2 teaspoon of oil in the same skillet used to cook prosciutto over medium heat. Add salmon, skin-side down. Cook, covered, for 10-12 minutes or until fish flakes easily. Use a spatula to loosen fish from its skin, which will stick to skillet.

4. Divide vegetables among 4 plates, top with salmon and serve immediately.

TASTE OF THE DANFORTH/SHAPE.COM

Ingredients

Start to finish: 30 minutes

- 3 olive oil, divided
- 2 prosciutto, diced
- 3 fresh garlic, minced
- 1 1/2 red onion, chopped
- 10 button mushrooms, stems removed, caps thinly-sliced
- 4 plum tomatoes, cored and diced
- 4 (packed) spinach leaves, chopped
- 1 fresh basil leaves, torn
- 4 4-oz salmon fillets, about 1-inch thick
- Salt and freshly ground black pepper to taste

Dip into Greek flavour

1. Position oven rack about 6 inches from the heat source; preheat broiler.

2. Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle.

3. Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil and stir with a fork until the oil is absorbed. (It should be a little chunky.) Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if needed. EATINGWELL.COM/ TASTE OF THE DANFORTH

Ingredients

- 1 medium eggplant
- 2 tbsp lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 cup crumbled feta cheese, preferably Greek
- 1/2 cup finely chopped red onion
- 1 small red bell pepper, finely chopped
- 1 small chile pepper, seeded and minced (optional)
- 2 tbsp chopped fresh basil
- 1 tbsp finely chopped flat-leaf parsley
- 1/4 tsp cayenne pepper, or to taste
- 1/4 tsp salt
- Pinch of sugar (optional)

This recipe serves about 12. EATINGWELL.COM

On the Web

Cajun-style potato chips? How about crab seasoning? The U.S. is a land of many chip varieties

Liquid Assets

Greece in a wine glass

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

When it comes to undiscovered wine countries, Greece is the word.

While you could make a decent argument for China and somewhere obscure in South America or Eastern Europe, the Greeks are often credited for getting the wine industry rolling by being the first to ferment grape juice a few centuries ago.

Problem is, Greek wines come with more baggage than a family holiday with the Kardashian sisters.

Though the good stuff is Mediterranean in style, I'm betting the only wine you've ever tried from Greece is the polarizing, pine-resonated Retsina — which has a taste that can only be acquired after copious shots of Ouzo.

As if freaky flavours aren't enough of a problem, the old adage "It's all Greek to me" certainly applies to most of the country's wine labels. Even if you can pronounce a word with five vowels, you would still need a UN translator to understand what it means.

Selection varies dramatically across the country so it's hard to recommend a go-to wine. Look for one made by one of its better producers (Boutari or D. Kourtakis) and with one of its endogenous classic grapes — agiorgitiko for red and moschofilero for white.

"Opa!"

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.

MIX OF SIX
Samantha Everts
ottawa@metronews.ca

Stinking rose fest

AUGUST 10 AND 11

The "stinking rose" is cause for celebration in Perth, Ontario. Founded in 1997 as a way to promote Ontario grown-garlic, it is actually a huge fundraiser for local charities. Learn how to grow, harvest, braid and cook it from the expert "garlic heads." Don't forget to try the garlic ice cream. Perthgarlicfestival.com.

Seas this show

AUGUST 10

Punk rockers that grew up listening to Moneen in the 2000s get to listen to the matured, more emotionally complex version in Seas. Still using the harmonies that marked their earlier career by Chris "Hippy" Hughes, the band has just released the new Fragments EP. I Spell It Nature opens. spectrasonic.com.

Pow Wow wow

AUGUST 11

Polaris Prize nominated A Tribe Called Red DJs mix contemporary hip hop, electronic, and dance music with traditional Aboriginal music for a hot sweaty night out at Babylon. At the monthly event that showcases Native culture, Bear Witness and DJ NDN can get any one shaking to their mix of the Pow-Wow Step.

What's fair is fair

AUGUST 10 TO 12

It's not just the midway or horse competitions that draw people to Navan each August. Cheer on the demolition derby drivers while they create mayhem crushing cars like pop cans or kick back with a candy apple and watch Canadian rock icon Kim Mitchell or country star Dallas Smith. Navanfair.com.

Scorsese wannabees take note

AUGUST 11

The Treepot Indie Showcase series returns after two successful events to feature the best local filmmakers recent work under the stars. Shorts and music videos by local Scorseses will be projected on the outdoor screen at Dundonald Park as part of the Centretown Movie festival. Admission is free. Treepotmedia.com.

Laughing yoga anyone?

AUGUST 10 TO 11

Bollywood dancing isn't the only style of non-stop entertainment happening. Learn about various south Asian countries through Traditional artifacts displays like silks or henna art. Plus, it's impossible to keep from smiling with laughter yoga demonstrations and mouth-watering vegetarian food. southasianfest.net.

Save big on furniture so your kid can afford to party. Um, we mean, to study.

Go back to school with IKEA.

Visit **IKEA.ca** for store locations and hours. Or to shop from home, visit our website or call **1-866-866-IKEA**

IKEA®

© Inter IKEA Systems B.V. 2012.

This recipe serves four. THE CANADIAN PRESS H/O

Gluten-free tartlets celebrate end of local strawberry season

Local strawberries star in these sweet and creamy tartlets with liqueur that happen to be gluten-free.

1. Heat oven to 190 C (375 F).

2. In a food processor, pulse together walnuts, butter, maple syrup and brown sugar until crumbly. Divide mixture among four 10-cm (4-inch) non-stick tart shell moulds, pressing evenly into bases.

3. Bake for 13 to 15 minutes until fragrant and golden brown. Let cool and remove from moulds.

4. In a medium bowl, combine strawberries with liqueur; spoon 50 ml (1/4 cup) into the base of each tart.

5. Pipe or spoon 50 ml (1/4 cup) of the whipped cream onto each tart and top with large strawberries. Serve immediately.

THE CANADIAN PRESS/ CALIFORNIA WALNUTS, WALNUTINFO.COM

Ingredients

- 375 ml (1 1/2 cups) walnut pieces
- 30 ml (2 tbsp) butter, softened
- 15 ml (1 tbsp) maple syrup
- 15 ml (1 tbsp) brown sugar
- 250 ml (1 cup) diced strawberries
- 30 ml (2 tbsp) Grand Marnier liqueur
- 125 ml (1/2 cup) whipping cream, whipped
- 4 large strawberries, for garnish

If you can't stand the heat, It's time to ditch your old oven.

From August 1 to August 31
save up to $250*
when you purchase a freestanding range with the revolutionary new AquaLift™ Self-Clean Technology.

See sales associate for details.

AquaLift™ Self-Clean Technology. Self-cleaning made simple.

Less Heat
Your kitchen wasn't designed to double as a sauna. That's why, unlike conventional ovens that can reach temperatures of up to 425°C, the exclusive new **AquaLift™ Self-Clean Technology** will clean your oven at only 93°C.

Less Time
AquaLift™ Self-Clean Technology will release the tough, baked-on foods and debris in your oven in under an hour, so you don't need to clear your schedule on days that you clean it.

No Odour
AquaLift™ Self-Clean Technology does the dirty work, without the dirty smell. Because you shouldn't have to evacuate your house when you set your oven to "clean."

*$250 savings offer valid only on purchase of the following qualifying Whirlpool® models: YWFE540H0A, YWFE710H0A, WFG540H0A, WFG710H0A, WFG720H0A. Receive $200 on the purchase of the following qualifying Maytag® models: YMER8775AS, YMER8880A, MGR8775A, MGR8880A, YMR8890AS, YMFI910H0AS only. Offer valid on qualifying Whirlpool® and Maytag® appliances purchased from a participating authorized Canadian dealer from August 1 to August 31, 2012. Offer cannot be combined with any other offer. All models may not be available at all dealers. No substitute models qualify. This offer is not available to dealers, builders or contractors. Dealer prices may vary. Dealer alone has the sole discretion to set retail prices. ®/™Used under license in Canada. ©2012 All rights reserved.

Strawberry Sauce. Serve it over ice cream, cake or savoury eats like pork

This recipe makes 25 ml (1 cup) of sauce. THE CANADIAN PRESS H/O

How great would the fresh taste of summer be in the dead of winter? Simply prepare this easy strawberry sauce, then come the cold season you can thaw.

Of course it's perfect for serving over ice cream, yogurt or a simple cake. There is even a savoury version that's ideal with pork or chicken.

1. In a food processor, puree berries, sugar, water and lemon juice until smooth.

2. Turn into a medium saucepan. Simmer over medium heat, stirring occasionally, until sugar is completely dissolved and sauce is slightly translucent, about 3 minutes. Let cool; freeze in an airtight container. **THE CANADIAN PRESS/ FOODLAND ONTARIO**

Ingredients

- 500 ml (2 cups) sliced locally grown strawberries
- 45 ml (3 tbsp) granulated sugar
- 30 ml (2 tbsp) water
- 10 ml (2 tsp) lemon juice

NHL

Bettman sets countdown for player lockout

Gary Bettman says the NHL will lock out its players if a new collective bargaining agreement can't be reached by Sept. 15.

The NHL commissioner delivered that news to the NHL Players' Association during a bargaining session on Thursday.

Donald Fehr, the NHLPA's executive director, had said repeatedly that they could agree to proceed with a new season even if a new agreement wasn't in place when the current one expires.

However, that's not something Bettman and the NHL's owners are interested in pursuing.

Fehr is expected to deliver a counter-proposal to the league in Toronto next week.

THE ASSOCIATED PRESS

"Time is getting short and the owners are not prepared to operate under this collective bargaining agreement for another season."

NHL commissioner Gary Bettman.

Golf

McIlroy starts strong at PGA championship

Rory McIlroy began the PGA Championship in impressive fashion.

He wasn't the only one.

On a course softened by rain earlier in the week, McIlroy shot a 5-under 67 and was a stroke behind leader Carl Pettersson after Round 1. Tiger Woods looked sharp while making three straight birdies but finished with a 69.

Rory McIlroy shoots at Kiawah Island, S.C. Thursday. GETTY IMAGES

THE ASSOCIATED PRESS

Blue Jays just can't shake off struggles in Tampa Bay

MLB. Rays finish off decisive sweep of injury-ravaged Toronto club

Matt Moore pitched up to the lofty recent standards set by the Tampa Bay pitching staff. And when the Rays added some hits and runs, that made things look easy.

Moore threw six sharp innings, Jose Lobaton drove in three runs and the Rays beat the Toronto Blue Jays 7-1 Thursday for a three-game sweep.

"Our staff and our entire lineup right now, we're playing well," Moore said after winning in the finale of a six-game homestand. "It's a very good time for us in this clubhouse, and there's a lot of looking forward to going on the road right now."

Moore (9-7) gave up one run and two hits, retiring 14 straight batters during one stretch. He won his third straight start, striking out six and walking two.

That kind of pitching has become routine for the Rays, who have allowed more than one run in only six of their last 19 games.

Hitting has been another matter. The Rays took the AL's worst batting average (.230) and lowest scoring output (441 runs) into the game, but Evan Longoria drove in two runs and had three hits.

Jeff Keppinger also had three of Tampa Bay's 13 hits. The Rays got seven runs after scoring only nine in the first five games of the homestand.

Longoria, who missed 85 games with a partially torn hamstring, came inches short of his first home run since April. His RBI double in the eighth inning was close enough for the umpire crew to review before determining it had bounced off a rail and back into play.

THE ASSOCIATED PRESS

Thursday's game

Rays	Blue Jays
7	1

By the numbers

16

Tampa Bay has won 16 straight series against Toronto at Tropicana Field. The Rays have won six of eight games overall while the Blue Jays have lost 15 of their last 19.

Adeiny Hechavarria and Edwin Encarnacion stretch to catch an infield fly on Thursday in St. Petersburg, Fla. AL MESSERSCHMIDT/GETTY IMAGES

Injury

Lawrie taking his turn on DL

The Toronto Blue Jays have placed third baseman Brett Lawrie on the 15-day disabled list.

Lawrie — who has a possible rib cage injury — is on the DL retroactive to Aug. 4.

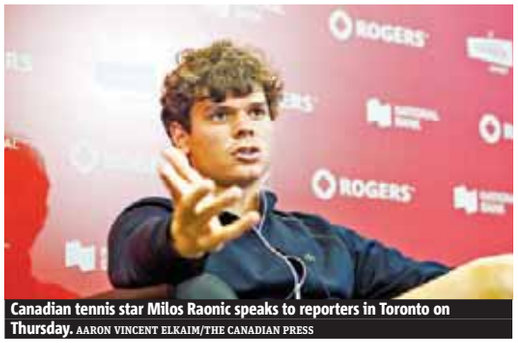
On Wednesday, Lawrie missed his fourth consecutive game because of a rib cage injury.

Lawrie had an MRI exam Tuesday night that showed some oblique inflammation.

THE CANADIAN PRESS

Brett Lawrie GETTY IMAGES FILE

Raonic moves on with Murray a no-go



Canadian tennis star Milos Raonic speaks to reporters in Toronto on Thursday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

It wasn't an ideal way for Canadian favourite Milos Raonic to reach the quarter-finals of the Rogers Cup in Toronto.

The 21-year-old from nearby Thornhill advanced Thursday when recent Olympic tennis champion Andy Murray pulled out because of a knee injury, depleting the rain-delayed tournament of yet another elite competitor.

Murray hurt his left knee on Wednesday during his opening straight set victory against Italy's Flavio Cipolla. The win came just three days after Murray battled Roger Federer for gold at the Olympics.

The quick adjustment to hard courts at Rexall Centre proved too much for Murray, who was set to meet Raonic in third-round play Thursday evening.

For Raonic — the tournament's 16th seed — it means a spot in the quarter-finals for the first time in his career at a Masters tournament. He eased by Serbia's Viktor Troicki 6-3, 6-4 on Tuesday to book a meeting with Murray.

THE CANADIAN PRESS

In Montreal

Hometown favourite Aleksandra Wozniak downed former world No. 1 Jelena Jankovic 6-2, 6-3 in second round play Thursday at the women's Rogers Cup.

- The Blainville, Que., native, who lost in four previous meetings with Jankovic, dominated the baseline duel from the start.

4 SPORTS

Mobile sports

Zsofia Balazs once saw a fish eat another fish while she swam an open-water race. Richard Weinberger spent much of a river race in Mexico wondering where the crocodiles were lurking. Canada's marathon swimmers at the Olympics both admit their sport's wild environments can make them feel uneasy. Scan the code for the story.

Verbeek scores her second silver

Women's wrestling. Japan's Yoshida denies Canadian grappler her first gold medal

Canadian freestyle wrestler Tonya Verbeek had been in this situation before.

She wrestled for gold in her Olympic debut at the 2004 Games in Athens and was devastated when she came up short. While Verbeek settled for second place again in London, rarely has a silver medallist seemed so happy after a loss.

"I promised myself that leading in to this Olympics, that I'm going to give my everything and the result will take care of itself," Verbeek said. "You have to embrace that."

She seemed at peace as she walked to the mat for Thursday's final against Olympic champion Saori Yoshida, who has simply dominated the 55-kilogram division over the last decade.

Verbeek looked around the packed ExCeL London North Arena 2 venue as the crowd buzzed with excitement. This would be her final Olympic bout and win or lose, she was going to take in the moment.

Yoshida had the backing of the pro-Japanese crowd and there was a roar when she scored a three-point takedown in the first round. She outscored Verbeek again in the second round to win her third straight Olympic title.

Quoted

"I came out fighting right through the end."

Tonya Verbeek on her gold-medal match against Japan's Saori Yoshida

It was Canada's second women's freestyle wrestling medal of the Games after B.C.'s Carol Huynh won bronze in the 48-kilo division on Wednesday.

Verbeek has yet to beat Yoshida in nine career meetings. The 29-year-old Japanese star has won the world title at 55 kilos nine of the last 10 years.

Canadian coach Marty Calder said they were prepared for the challenge and had no plans to surrender.

"I didn't think the Giants were going to win the Super Bowl this year either and neither did I think the L.A. Kings were going to win (the Stanley Cup)," Calder said. "We're competitors. We come here and we give it our best and we give ourselves hope."

Verbeek qualified for the final with an impressive victory over Jackeline Renteria Castillo of Colombia.

THE CANADIAN PRESS

Tonya Verbeek, right, competes against Saori Yoshida for the gold medal in 55-kilogram women's freestyle wrestling in London, England, on Thursday. PAUL SANCYA/THE ASSOCIATED PRESS

Canadians cap off amazing turnaround

Canada's Emily Zurrer, rear, and Chelsea Stewart celebrate winning their women's bronze medal soccer match against France in Coventry, England, on Thursday. HUSSEIN MALLA/THE ASSOCIATED PRESS

Women's soccer. Team captures Olympic bronze one year after crashing out of the World Cup

John Herdman has a picture of Christine Sinclair in his home office in Vancouver from last summer's World Cup. Canada's captain has her head in her hands, her face twisted in anger and despair.

When Herdman took over as coach of the Canadian women's soccer team last fall, he promised his players he would use that photo as his motivation.

"I'll never see a player of that quality in that state after a tournament," Herdman says he told them. "It's great to see Christine smiling, you know?"

The Canadians will be smiling for a long time to come after capturing a bronze medal with a 1-0 win over France at the London Summer Games on Thursday — the first time a Canadian soccer team has ever climbed an Olympic podium, and a remarkable turnaround for a squad that only a year ago was in tatters after its disastrous World Cup performance.

Record goal tally

Christine Sinclair set the women's Olympic record for tournament goals scored with six, including a hat trick in the semifinals.

"Christine had the quote that's been inspiring us all: 'You can't be great until you've achieved great things. Getting the medal today was that great thing," Herdman said.

Just when the game appeared headed for extra time — which would have been bad news for the gassed Canadians — 28-year-old Diana Matheson pounced on Canada's lone scoring chance, running onto a deflection off a French defender from a Sophie Schmidt shot, firing a low hard ball past French goalkeeper Sarah Bouhaddi.

Rhian Wilkinson tossed the Oakville, Ont., native — all five-feet of her — over her shoulder like a sack of flour in celebration.

"I have no idea what happened. I can't remember it," Matheson said. "I think the ball came down the left and I was in the right place at the right time. The ball was right there, the net was basically open, it definitely was in slow motion."

The bronze marks the country's first Summer Games medal in a traditional team sport since a silver in men's basketball in 1936.

It was also the redemption the Canadians had been dreaming of after hitting what they say was "rock bottom" at the World Cup. They went winless, mathematically eliminated in a 4-0 thrashing by the same France squad they beat Thursday at City of Coventry Stadium. THE CANADIAN PRESS

Gold-medal match

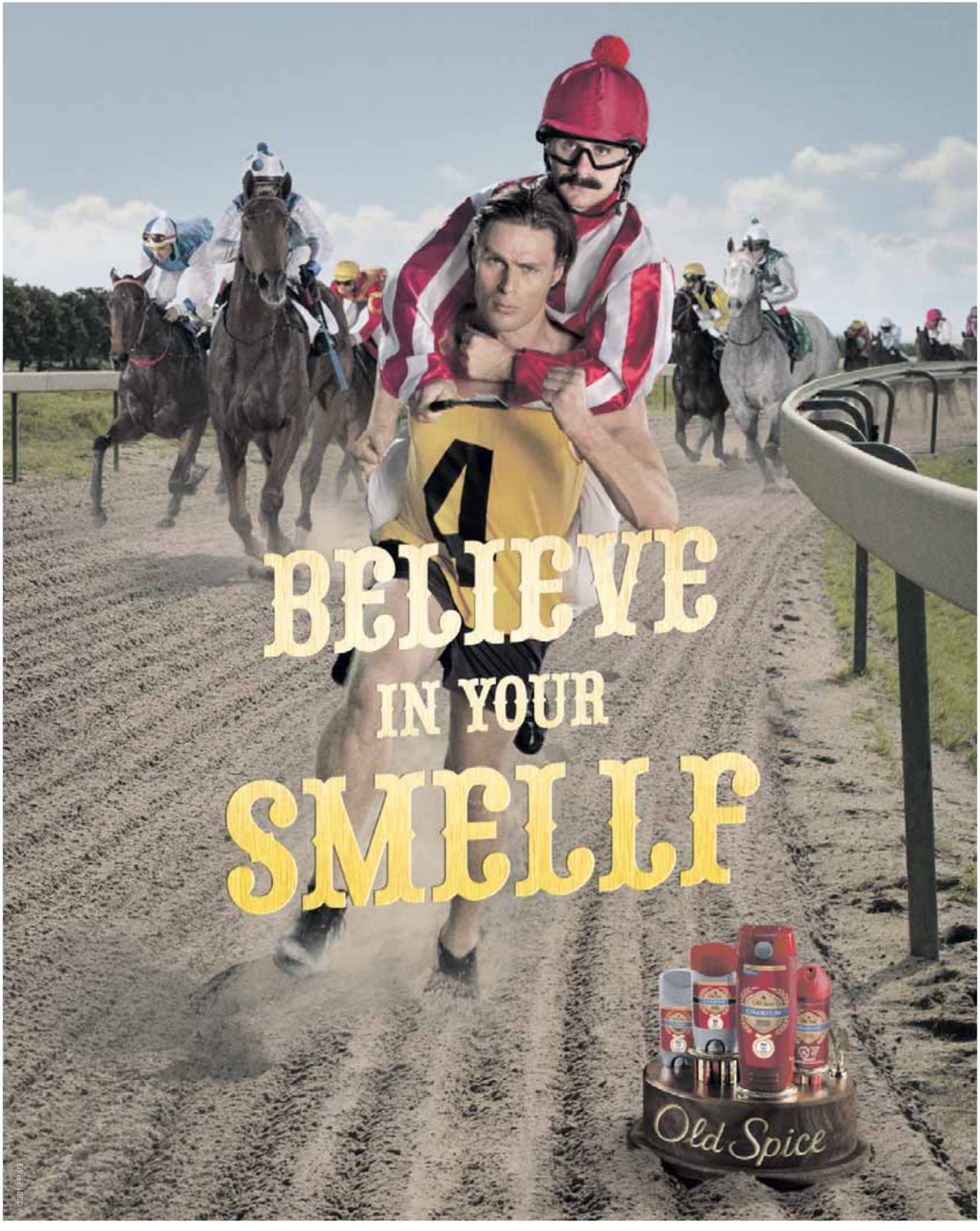
U.S. exact revenge on Japan

The U.S. women's soccer team won its third straight Olympic gold medal Thursday, beating Japan 2-1 in a rematch of last year's World Cup final and avenging the most painful loss in its history.

Carli Lloyd scored early in both halves, Hope Solo leaped and dived to make saves, and the entire roster found the redemption it had been seeking since that penalty kick shootout loss in Germany last summer.

Yuki Ogimi answered for Japan in the 63rd minute before 80,203 at Wembley Stadium.

THE ASSOCIATED PRESS


BELIEVE
IN YOUR
SMELLF
Old Spice
©2012 P&G

Taking the battle to the air

Brazil's Diogo Silva, right, fights Iran's Mohammad Bagheri Motamed during their semifinal round match in men's 68-kg taekwondo competition on Thursday. Silva won the match but lost to Terrence Jennings of the U.S. for the bronze medal later in the day.

NG HAN GUAN/THE ASSOCIATED PRESS

3 to watch this weekend

Synchronized swimming

Canada will look to nudge its way onto the podium in the team synchronized swimming competition. The Canadians were fourth after Thursday's technical routine.
Time: 10 a.m., Friday
Channel: Sportsnet

Men's 4x100-metre relay

Usain Bolt has left Jamaican teammate Yohan Blake to settle for silver in the 100-and-200-metre sprints. Now the pair will team up in the 4x100 relay to try to cement Jamaica's status as the fastest country in the world.
Time: 4 p.m., Saturday
Channel: CTV

Men's basketball

It's a battle for world supremacy. The U.S., Argentina, Russia or Spain will take home gold. Suffice it to say, if it's not LeBron James and the rest of his NBA-stacked team, it will be a huge disappointment in the States.
Time: 6 a.m. (bronze), 10 a.m. (gold), Sunday.
Channel: CTV

Equestrian

Officials stand by decision to ban Canadian rider

The head of equestrian's world governing body is defending the decision to disqualify a Canadian rider's horse at the London Olympics.

Tiffany Foster's horse Victor was found to have hypersensitivity in his left front leg due to a small scratch shortly before Sunday's team competition.

While Canadian officials have argued Victor was fit to compete, FEI secretary general Ingmar De Vos said he believes disqualification was the right decision.

"Disqualification of an athlete will always spark speculation, but in the case of Tiffany Foster's horse Victor the protocol established very clearly that this was an obvious case of hypersensitivity," De Vos said in a statement Thursday.

"This was a unanimous decision, supported by four highly qualified veterinarians who specialize in testing for hypersensitivity using a system that has been monitoring FEI competitions since 2005."

Canada's appeal of the decision was denied and a devastated Foster was knocked out of the London Games, enraging her teammates.

THE CANADIAN PRESS

Day 13 results

MEDAL STANDINGS

238 of 302 total medal events

Nation	G	S	B	Tot
United States	39	25	26	90
China	37	24	19	80
Russia	12	21	23	56
Britain	25	13	14	52
Germany	10	16	11	37
Japan	5	14	14	33
France	8	9	12	29
Australia	6	13	10	29
South Korea	12	7	6	25
Italy	7	6	6	19
Netherlands	5	5	6	16
Canada	**1**	**5**	**10**	**16**
Hungary	8	4	3	15
Spain	2	7	2	11
Brazil	2	2	7	11
Belarus	3	3	4	10
New Zealand	3	2	5	10
Ukraine	3	1	6	10
Kazakhstan	6	0	3	9
Iran	4	4	1	9
Jamaica	3	3	3	9
Romania	2	5	2	9
Denmark	2	4	3	9
Poland	2	1	6	9
Cuba	3	3	2	8
Czech Republic	2	3	3	8
Kenya	2	2	3	7
Sweden	1	3	3	7
Colombia	0	3	3	6
North Korea	4	0	1	5
South Africa	3	1	1	5
Mexico	0	3	2	5
Azerbaijan	0	2	3	5
Croatia	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
India	0	1	3	4
Slovakia	0	1	3	4
Switzerland	2	1	0	3
Georgia	1	1	1	3
Norway	1	1	1	3
Armenia	0	1	2	3
Belgium	0	1	2	3
Mongolia	0	1	2	3
Dominican Republic	1	1	0	2
Ireland	1	0	1	2
Lithuania	1	0	1	2
Turkey	1	0	1	2
Egypt	0	2	0	2
Estonia	0	1	1	2
Indonesia	0	1	1	2
Malaysia	0	1	1	2
Serbia	0	1	1	2
Taiwan	0	1	1	2
Thailand	0	1	1	2

WHAT CANADA DID

Thursday at the 2012 London Olympics

ATHLETICS

Men's decathlon — Damian Warner set a personal best score of 8,442 points to finish fifth overall in the event — five points out of fourth place.
Women's 800 — Jessica Smith, North Vancouver, B.C., failed to advanced after placing 22nd overall in the semifinals (2:01.90).
Women's javelin — Elizabeth Gleadle, Vancouver, was 12th in the final with a best throw of 58.78 metres.

CANOE/KAYAK

Women's kayak singles 500 — Emilie Fournel, Lachine, Que., finished sixth in the B-final with a time of 1:56.058.

CYCLING

Men's BMX — Tory Nyhaug of Coquitlam, B.C., finished fifth in his quarter-final heat and failed to advance.

DIVING

Women's 10-metre platform — Roseline Filion, Laval, Que., finished 10th in the final with a score of 349.10 points; Meaghan Benfito, Montreal, was 11th (345.15).

GYMNASTICS (RHYTHMIC)

Team — Canada (Katrina Cameron, Mississauga, Ont.; Rose Cossar, Anastasiya Muntyanu and Anjelika Reznik, all Toronto; Alexandra Landry, Ajax, Ont.; and Kelsey Titmarsh, Thornhill, Ont.) are 12th following the first rotation of qualifying with 24.050 points.

SOCCER

Women — Canada won the bronze medal with a 1-0 victory over France. Midfielder Diana Matheson of Oakville, Ont., scored the game's lone goal over a minute into injury time to secure the Canadians spot on the podium.

SWIMMING

Women's 10-kilometre marathon — Zsofia Balazs, Toronto, finished 18th with a time of 2:01:17.8.

SYNCHRONIZED SWIMMING

Team — Canada (Marie-Pier Boudreau Gagnon, Riviere-du-Loup, Que.; Jo-Annie Fortin, Montreal; Chloe Isaac, Brossard, Que.; Stephanie Leclair, Gatineau, Que.; Tracy Little, Pointe-Claire, Que.; Elise Marcotte, Quebec City; Karine Thomas, Gatineau, Que.; Valerie Welsh, Saint-Nicolas, Que.; and Stephanie Durocher, Repentigny, Que.), finished in fourth in the event with a score of 94.400.

WRESTLING

Women's 55-kilogram freestyle — Tonya Verbeek, Thorold, Ont., won a silver medal after losing to Japan's Saori Yoshida 3-0, 2-0, (points) in the gold-medal match.

Women's 72-kg freestyle — Leah Callahan, Calgary, was eliminated after losing in the quarter-finals to Burmaa Ochirbat of Mongolia, 3-0, 5-0 (points).

SOCCER

WOMEN

BRONZE MEDAL MATCH
Thursday, Aug. 9
At Coventry, England
Canada 1, France 0
GOLD MEDAL MATCH
Thursday, Aug. 9
At Wembley, England
United States 2, Japan 1

CANADA 1, FRANCE 0

Canada	**0**	**1**	**—1**
France	**0**	**0**	**—0**

First Half—None.
Second Half—1, Canada, D.Matheson, 90+2.
Yellow Cards—C.Abily, France, 90.
Red Cards—None.
Referee—Jenny Palmqvist, Sweden. **Assistant Referees**—Anna Nystrom, Sweden; Helen Karo, Sweden. **Fourth Official**—Quetzalli Alvarado, Mexico.

MEN

BRONZE MEDAL MATCH
Friday, Aug. 10
At Cardiff, Wales
Japan vs. South Korea, 2:45 p.m.
GOLD MEDAL MATCH
Saturday, Aug. 11
At Wembley, England
Mexico vs. Brazil, 10 a.m.

BASKETBALL

WOMEN

Thursday, Aug. 9
SEMIFINALS
United States 86, Australia 73
France 81, Russia 64
BRONZE MEDAL GAME
Saturday, Aug. 11
Australia vs. Russia, Noon
GOLD MEDAL GAME
United States vs. France, 4 p.m.

MEN

Friday, Aug. 10
Semifinals
Russia vs. Spain, Noon
Argentina vs. United States, 4 p.m.
Sunday, Aug. 12
Bronze Medal, 6 a.m.
Gold Medal, 10 a.m.

Save big on furniture
so your kid can afford to party.
Um, we mean, to study.
Go back to school with IKEA.

Visit **IKEA.ca** for store locations and hours. Or to shop from home, visit our website or call **1-866-866-IKEA**

IKEA®

© Inter IKEA Systems B.V. 2012.

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

HELP WANTED

General Help

Reliance Protectron Security Sales Opportunity

Position includes developing relationships with customers & doing sales presentations. Solicit new customers & opportunities.

Requirements – High school diploma, valid driver's licence & own a vehicle, 1-2 years customer service experience and/or face to face sales, bilingualism an asset

Benefits – Flexible schedule, if meeting objectives possible $30/hr, completely paid for training, excellent group benefit package

Send resume to:
hr@protectron.com
www.protectron.com

AUTOMOTIVE

Cars & Trucks Wanted

!!!CASH FOR THAT CLUNKER!!!
WILL BUY UNWANTED CARS AND TRUCKS FOR SCRAP AND PARTS.
PAY CASH
Give me a call and I'll haul it away
BARRY 613-769-7940

Medical/Dental

The Caregard Group, Ottawa, ON 1 Registered Practical Nurse (RPN) req'd at Riverpark Place Retirement Residence located at Nepean, ON; Perm. f/t shift work 37.5 hrs /wk; completion of college/CEGEP/voc. or tech, training; Eligible for licensure; 1-2 yrs of related exp; geriatric & palliative care; $20.75/hr; Email resume: **critchie@caregard.ca**

Consumables

RENTALS

Apartments Unfurnished

Apt/Condo Style Take Over Lease
Parking incl., close to shopping, buses, main roads etc. Available **ASAP!**
$795.00 (613)558-3378

Rooms Furnished

Gatineau - 1 bdrm, 1 Bath, fully furnished 10 minute drive to downtown Ottawa. Washer, dryer and dishwasher all in unit. Everything included. 819-319-5823

MERCHANDISE

Merchandise for Sale

Mosh Pro BMX bike for sale.
Silver. Backpedal.
$75
(613)889-5952

Medical/Dental

Consumables

Merchandise for Sale

Got Your Back!
Silk Screening for small & large businesses, parties, functions & all custom shirts!
We have
• Purses
• Handbags
• Sunglasses
• Umbrellas
COACH
* And we pay the TAX with copy of this ad at time of purchase.
10% off*
Visit our location on 94 Plaunt St. S. Renfrew On 613.431.2274

PERSONALS

Personals

SEXY EUROPEAN EX-MODEL GONE WILD
21 yrs, 5'2/34c
Where Fantasies Become Reality
Avail. 24/7
613-600-8410

Financial

WE'RE LOOKING FOR PEOPLE.....•Who want to be **Somebody** •Be their own **Boss** •Work on something they **Believe** in that can **Make a Difference** •Control their own **Destiny**
www.primericabusinessopportunity.com
PRIMERICA
Representatives:
Mark Black or Ingrid Vieira
613-727-0558 Ext.222

Companions Wanted

One luscious exotic Ebony barbie! Killer curves, nice smile & lovely personality. Somalian goddess, Layla. 613-252-4423 (call or text)

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Consumables

SERVICES

Financial

Need Ca$h Today?
Loans up to $10,000
Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title Loans, Money Transfers.

Financial

OWN A HOME?
Loaded with Debt? I can help! 1st, 2nd, 3rd Mortgages Re-Financing. Home Equity Loans. Debt Consolidation Loans. Bad Credit? Self-Employed? Bank said "No"? Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613)863-0649 Lic:10717

Mortgages

Consumables

HOUSEHOLD SERVICES

General Services

COMPLETE BATHROOM RENOVATIONS
$4,800 + HST
New Tub & Tiles, Toilet, Ceramic Floor, Vanity Cabinet & Sink, Mirror & Faucets (Demo & Prep included)
Certain Conditions Apply
S & S Home Renovations
613 291-0928 sshr123@rogers.com

M.J.M. VACUUMS
1061 Merivale Rd., Ottawa
Call John at: **613-724-4777**
Central vacuums starting at
$399
Installation Available
Sales & Repairs All Kinds
COUPONS at www.mjmvacuums.com

Trades

Billings Construction Services
Commercial & Residential
Renovations/Repairs/Handyman Services
Free Consultation & Estimates
No Project Too Big or Too Small
26 years exp/references
Call David @ 613-805-5320
gdavidbillings@gmail.com

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Houses For Sale

ANNOUNCEMENTS

Birthdays

Happy Birthday Stef!
You're awesome :)
Love, the Wally's

Community Events

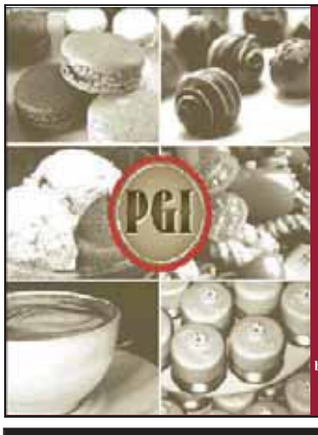
Cici's Speed Dating
Sunday, Aug 26th, 2012
Ages: 25 & over (Men & Women)
Fee: $20 • To register, email:
cicispeedating@gmail.com
Event will be held downtown Ottawa, exact location will be given once registered.

MISCELLANEOUS

Miscellaneous

LOOK!
Advertise in this space for as low as $10/day!!
Call 1-800-527-6767

Houses For Sale



PASTICCERIA GELATERIA ITALIANA

Special Coupon
15% OFF

15% off entire menu with coupon with the exception of wedding cakes & alcoholic beverages. Cannot be combined with any other offer. Offer valid from August 10th to 26th, 2012 & may be cancelled without notice.

CELEBRATING 33 YEARS

• Cakes & Pastries • Gelato & Gelato Cakes •
• Specialty Coffee • Wedding Cake Galleria •
Chocolates • Breakfast & Lunch •

200 Preston Street, Ottawa, Ontario K1R 7P9

Phone: 613.233.2104 Email: PASTGEL@LIVE.COM

WWW.PASTICCERIA.CA

Attention Realtors!

Want to reach over 92,600 daily Metro News readers? Advertise your listings with Metro Classifieds.

2 Listings
Starting as low as
$36 per day

Call 1-800-527-6767 to place your ad now!

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

1 Fortress 3 wheeler Scooters In A1 condition Please call 613-565-0704 leave message if no answer.	Brand new budgie bird cage with 2 budgies. $50 613-746-8702	Fashionable Fascinators For All Occasions (hats) Various prices **613-825-7570**	**Like New: Scrub Tops. Sizes 1x - 2x $7.00 each 613-823-4806**	ProForm Biovibe Vibration Bench Features multiple levels of vibe & prepro-grammed workouts. $300 new, asking $150 OBO Call 613-729-2059	Two basketball nets $ 60 & $150 OBO Call 613-829-4561
19 inch Tv apt size - $70.00 **Double box spring & mattress - $275** **613-560-5985**	**Call: 1-800-527-6767 today to book this space! Size 1.535" X .542", Limit 1/day, 2/wk**	Fridge - $100 • Dryer - $50 • TV - $25 • Dishwasher - $100 Call 613-749-2265 / 613-749-4215	MOVING SALE : white kitchen table $5.00 4 kitchen chairs $3.00 each 2 living room tables $5.00 each childrens dresser $5.00 **819-598-5235**	Rotissarie for bbq • wardrobe • long wooden table with folding legs • cabinets • lamp • pictures • much more Call 613-729-7527 for details	Upright freezer - $75 10,000 BTU Air Conditioner - $100 Call 613-829-4561
2 sofa with recliner from Lazy boy. 9 months old. Asking $500 each. • Desktop & coffee table from IKEA - $20 each OBO Call (613)867-1029	Cream Sofa $65 Swivel Rocker $35 Bread Maker NEW $40 Small Shelf Unit $30 Please call after 6pm (613)727-0331	Large lazy boy with heat & vibrate Sofa 4 years OBO call and ask for Cecil 613-226-9061	MOVING SALE New and old must be sold Call before coming! 613-513-5515	**Sunbeam Breadmaker Almost new $60 Call (613) 560-5985**	Wii Gaming System with one controller and games $400 Call 613-710-1756
Area Pro 2 Electric Guitar $100 Call 819-328-7115	Ethan Allan pair of sofa's plus love seat $500 for all 3 Floral print and excellent condition 613-745-6969	**Large Tool Box** with Upper, Lower, and Side Cabinets. Complete with tools, Including Autobody Tools **$700 OBO** (613)219-8491	Pogo sticks - $15 & $20 Call (613)733-2289	TV Unit, black in color, 2 doors for storage and 2 glass doors on top $25.00 Futon, 9 momths old $115 Firm **819-598-5235**	**XBOX original in great shape Controller S, DVD remote and 6 games Neg Price 613-798-0310 Leave message**

Horoscopes

♈ Aries
March 21 - April 20
Today, you will be even more daring and adventurous than you usually are. Trust that fate is on your side (it is) and that if you take the occasional calculated risk, it is more likely than not to pay off.

♉ Taurus
April 21 - May 21
Try not to make life too complicated, especially on the home front where loved ones will happily go along with your plans so long as they feel they are a part of them. If they're not, why not?

♊ Gemini
May 22 - June 21
You should find it easier to be more outgoing and expressive now that both the Sun and Mercury, your ruler, are moving in your favour. Your social life is about to get even busier and you will profit from new friendships.

♋ Cancer
June 22 - July 23
Life has been quite exhausting of late and you could do with a rest. So take one. It does not matter that other people think you should be running here, there and everywhere. Tell them to get lost.

♌ Leo
July 24 - Aug. 23
Your mind is now clear enough to see that whatever successes you have in the future will come from the decisions and the efforts you make today, tomorrow and over the next few weeks. So get moving.

♍ Virgo
Aug. 24 - Sept. 23
You may be eager to push ahead with certain ideas but the planets urge you to slow down a bit. You cannot possibly do all the things you would like to do, so be selective. Difficult choices are called for.

♎ Libra
Sept. 24 - Oct. 23
With the Sun moving through the area of your chart that governs friendships, you will see how necessary it is to forge alliances with like-minded people. Together you can do something special.

♏ Scorpio
Oct. 24 - Nov. 22
Certain people are taking you for granted and it's got to stop. That applies especially to your work and career where it seems you are not getting the recognition you deserve. Do something to get yourself noticed today.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun's move through one of the more outspoken areas of your chart means you'll let everyone know what you think about what's going on in the world. Some will be offended but all will admire your willingness to speak out.

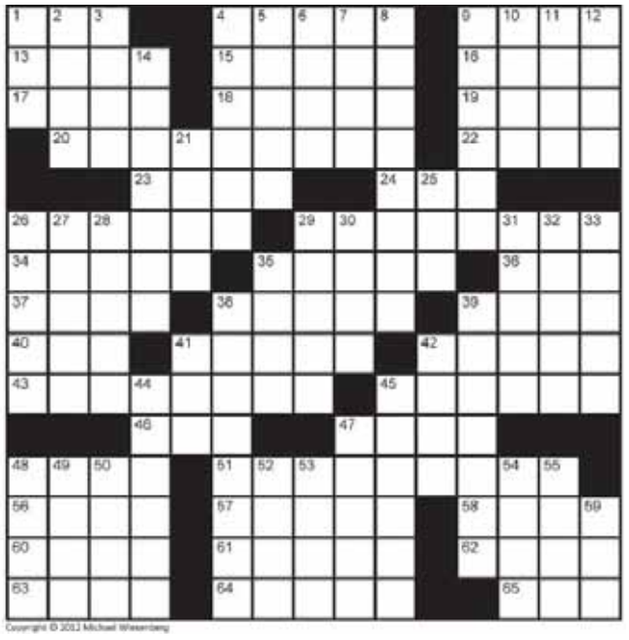
♑ Capricorn
Dec. 22 - Jan. 20
The Sun in Leo at this time of year helps you to look inside yourself and focus on issues you usually prefer to ignore. Don't be afraid to face your demons — chances are they don't really exist.

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in your opposite sign will help you see things not only from your point of view but also from the point of view of others. Their worldview is not so very different to your own.

♓ Pisces
Feb. 20 - March 20
Listen to what your body is telling you today and if it tells you to slow down or not do so much, don't be a fool and ignore it. It's important that you keep physically and mentally fit. SALLY BROMPTON

Crossword: Geography

BY MICHAEL WIESENBERG



Across
1. Bon ___: witticism
4. 24-hour cable news channel
9. Seep
13. BC's Moody or Ontario's Arthur (cities)
15. "Don't try to be ___": "Stay out of it or you'll get hurt" (2 wds.)
16. Odin's eldest
17. "Scat!"
18. Clothing size indicator
19. Chisel or hammer
20. Ontario Shakespeare Festival home
22. "Alas!" (2 wds.)
23. Brief memorial column
24. Day's coolest temperature
26. 12-step-program support group
29. BC's fruit-producing valley
34. God
35. "What ___ About You": The Romantics hit (2 wds.)
36. Dashboard distance gauge, shortly
37. "The Biggest Little City in the World"
38. Confuse
39. Car top
40. Bill from 1-Down
41. Iron alloy
42. Mystery or romance
43. BC ski resort
45. "Wait ___ what happens": "Be patient" (2 wds.)
46. "___ Lazy River" (2 wds.)
47. (Just) slightly (2 wds.)
48. Exit or entrance
51. Part of NWT
56. Mideast ruler
57. *Survivor* group
58. Great Lake
60. Daily Planet reporter Lois
61. "What a piece of work ___!": *Hamlet* (2 wds.)
62. Knocks
63. Black
64. Expenses
65. Tupolev Tu-144, for one

Down
1. Canadian pols
2. ___ and aahs
3. Slow gait
4. Movie critic/historian Leonard
5. Arrow part
6. Mount from which Moses viewed the Promised Land (BONE anagram)
7. Uncle Remus character ___ Rabbit
8. NE Alberta city named for nearby body of (chilly) water (2 wds.)
9. Parliament's home
10. "Don't look now, but..." (2 wds.)
11. Camcorder feature
12. Mystery's ___ Stanley Gardner
14. Canada's largest city
21. "It's ___!": birth announcement (2 wds.)
25. Single
26. "Call it ___": there's no winner (2 wds.)
27. Parasite
28. "___ a stinker?": Bugs Bunny line (2 wds.)
29. "___ and wiser"
30. Murder
31. Gangland thugs
32. Worship
33. "Payment not required" (2 wds.)
35. ___ fixe: obsession
38. East Coast ocean
39. Alberta's third-largest municipality (2 wds.)
41. Oil or gas additive
42. Chew a bone
44. BC's second-largest city by population
45. Greek capital
47. Ready to hit the baseball (2 wds.)
48. Bagels and lox seller
49. Muscat's state
50. Pig sound
52. Approximately (2 wds.)
53. Brinks
54. Ladies of Spain: abbr.
55. What cabbies and waiters live on
59. 9-Down time

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7		4		3		6	
2			5		1			9
	8			9			2	
		6				3		
4	1						5	6
		8				7		
	3			6			1	
6			9		8			7
	4		3		2		8	

Yesterday's Sudoku

6	1	2	4	8	5	7	9	3
3	9	5	2	1	7	8	4	6
7	4	8	3	9	6	1	2	5
8	3	4	7	5	9	6	1	2
1	2	7	8	6	3	4	5	9
9	5	6	1	2	4	3	8	7
2	7	3	5	4	8	9	6	1
4	6	1	9	7	2	5	3	8
5	8	9	6	3	1	2	7	4

Today 24°/18° Rain 80%
Saturday 25°/16° Thunderstorms 90%
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2012

metro
News worth sharing.

HAKIM OPTICAL
Sexy Summer Eyes!
2 PAIR $199 FROM
ALL HAKIM DESIGNER EYEGLASSES
FREE UPGRADE
Make your 2nd Pair Rx Sunglasses (Tint & UV)
See store for details.
Over 160 Discount Outlets... 140 One Hour In-Store Labs
Outside Metro Toronto 1-877-524-2020 • www.hakimoptical.ca

Parliament Hill Yoga
the BIG one
have yourself a yoga day
Join us on Wednesday, August 15
for complimentary yoga on Parliament Hill.
Workshops start at 10am
Class led by ambassador, Ichih Wang starts at 12pm
See you, your friends and your mat on the Hill!
facebook.com/lululemonRideauCentre
facebook.com/lululemonWestboro

OTTAWA GOLD

Paying You the Highest Gold and Silver Prices Guaranteed

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

WE PROMISE YOU...

The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 20% of the difference!

Terms and Conditions can be found at www.OttawaGold.ca

Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

How it Works....

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

WHAT WE PAY

Gold Buying Prices by Karat

Karat	Price/gram
1 ounce (9999) Maple Leaf Coins	$ 1,530.41/coin
9999 Canada Maple leaf, less than 1 ounce	$ 49.21/g
24k Jewellery	$ 37.62/g
22k	$ 34.46/g
E. Indian/Nuggets	$ 30.54/g
18k	$ 28.21/g
14k and dental	$ 21.93/g
10k	$ 15.65/g
9k	$ 14.11/g
8k/antique gold	$ 9.40/g

Gold Bar Buying Prices

Gold Bars	Buy Price
Gold 1 ounce (Recognized)	$ 1,474.32
Gold 10 ounce (Recognized)	$ 14,663.10
Gold 1kg (Recognized)	$ 47,141.87
Gold bars, less than 1 ounce (Recognized)	$ 47.15/g
999 Gold bar (Unrecognized)	$ 45.86/g

Silver Coin, Bars, and Jewellery Buying Prices

Canada Coins	Price
Maple Leaf (1 ounce Silver)	$ 26.77/coin

Silver Jewellery and Other Silver	Price
Stamped Sterling Silver Flatware	$ 0.55/g
Stamped Sterling Silver Jewellery	$ 0.52/g
Mexican Silver stamped 925	$ 0.44/g
Stamped 800 Silver	$ 0.43/g
Unstamped scrap silver	$ 0.28/g
Other silver coins	$ 0.58/g

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-09-08, 9:49:00 AM

Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: $4,243.46

Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: $241.52

Example Purchase 3:

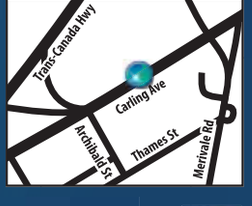
Purity: 14k • Weight: 183.30g

PRICE: $4,019.77

613.979.GOLD (4653)

Westgate Shopping Centre, 1309 Carling Ave, Ottawa

Monday to Friday, 9:30am to 6pm • Saturday, 10am to 5pm • Sunday, 12pm to 4pm



www.ottawagold.ca